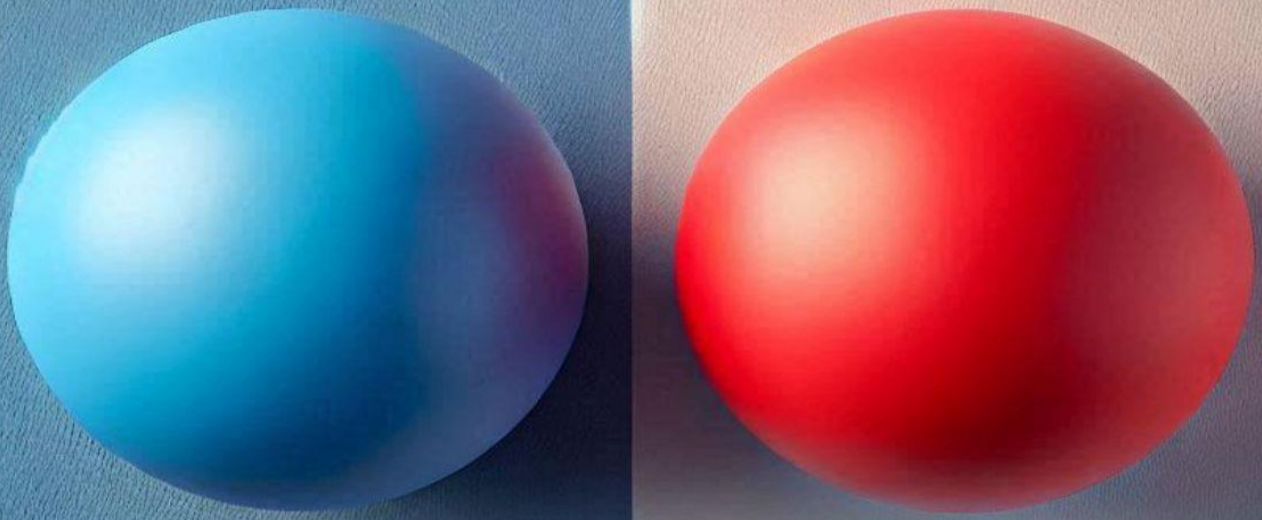
BALLBUSTING

RED AND BLUE



THE TIGHT-FITTING UNDERWEAR COMMUNITY FROM THE OLD ORKUT.

AUTHOR: ANDY LEGEND

BALLBUSTING RED AND BLUE

the tight underwear community on Orkut.

Author: Andy legend

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Synopsis

Discover a practical and straightforward approach to personal development for men, focused on physical resilience, self-control, and building confidence. This guide demystifies long-standing taboos and presents techniques for resilience and intimate protection—originally discussed in alternative communities—now organized into a safe and structured method.

What you'll learn:

- **Self-Mastery and Resilience:** Techniques to increase your tolerance for discomfort and strengthen mental control over involuntary physical reactions.
- **Health and Protection:** Understand male anatomy from a new perspective. Learn to value and protect your genital area, transforming vulnerability into body awareness.
- **Confidence in Relationships:** Boost your self-esteem by mastering your impulses and fears. Inner confidence directly reflects in your dynamics with partners, promoting more balanced and less dependent interactions.
- **Safe Practice:** For those interested in exploring physical boundaries (BDSM), this book offers essential guidelines on safety, consent, and harm reduction, steering clear of compulsive behaviors and promoting a conscious and healthy practice.
- **Deconstructing Insecurities:** Confront the natural anxiety related to male physical exposure. Learn to deal with anatomical vulnerability without fear, but with respect and knowledge.

Why this book?

While traditional media ignores the nuances of deep male development,

this work bridges the gap between popular knowledge and safe practice. It's not just about physical support, but about a mental restructuring that allows the modern man to navigate his vulnerabilities with strength and clarity.

How to get started:

The essential fundamentals are in the first three chapters. Read them carefully to build the necessary foundation before moving on to more complex techniques. This is not just an exercise manual; it is an invitation to reclaim sovereignty over your own body and mind.

This self-help and personal development content for men teaches an interesting technique for self-control and endurance in the male groin area, which was developed on the old Orkut.

The benefit is that you'll gain more self-confidence and self-esteem, learn to love your testicles, and understand that they're very important—which is why it's good to know how to protect your groin.

You'll also have greater self-esteem in your relationships with women, and if you want to engage in ballbusting, you'll do so in a mentally healthier way—not as an addict or a slave to women.

If you want to do ballbusting, you'll learn how to do it safely and with harm reduction.

Learn to deal with the insecurity that comes from having your testicles on the outside of your body.

Just because it's mainstream media doesn't mean it's telling the truth; sometimes the truth is hidden in books like these, written by authors in the alternative media, rather than in what appears on TV.

Know that topics like this only exist in books and will never be shown on broadcast TV. The mainstream media focuses more on propaganda than on deeper issues.

To learn the technique, read at least the first three chapters—that's the basics you need to get started.

Just to clarify: there's a problem with these girls who only talk about "balls" and completely ignore the fact that "cuntbust" exists too—and that pain exists too, because women feel pain as well. It's a reality; it may be little-known, but it exists too. It's just that fewer people are familiar with cuntbust and more are familiar with ballbust because of mainstream media, but it shouldn't be ignored or dismissed as nonexistent. You shouldn't assume that women don't feel pain just because they don't have "balls," implying that women aren't human beings—the truth is, they need to take care of themselves, too. And not those TV commercials featuring women who look like fighting robots and never suffer any damage or feel any kind of pain—just like a robot.

Cuntbust will always be a philosophical concept, because it will always be rare and a sub-fetish.

but that's not the problem—the problem is falling into the trap of forgetting about it and thinking it doesn't exist, and the media wanted to make it seem like it doesn't exist, and I want to say that it does exist, but it's just too rare—that's all. It exists, but it's rare.

The problem is that the media has claimed it doesn't exist—not that it's rare— and it is this injustice that I fight with respect.

Preface

This ebook is a tribute to my friends from the old “Tight Underwear” community on Orkut, which is now defunct, but we managed to learn a lot from that community on the now-defunct Orkut.

I’m going to introduce a pair of underwear that solves your problems related to excessive sagging and excessive erections, while protecting your testicles and providing them with greater support.

Understand that a kick to the groin doesn’t always hurt, since it hits the scrotum and not the testicles.

I’m just a student of qigong; I know some techniques as a form of therapy, not as a martial art.

I prefer the therapeutic aspect rather than just the fighting part. It will help you build more endurance and improve your physical and mental health.

I have 20 years of experience in these related subjects. I've been studying this since the 2000s, a time when girls would imitate what they saw on TV, and some girls even became mean and violent because of TV movies.

Why wear those tight underwear? The underwear is more for protection against attacks.

It's mainly for prevention, safety, self-esteem, and self-confidence. Those are the main reasons.

I learned about this technique in an old Orkut community in the 2000s and on old websites.

Men, in general, aren't interested in your life and take a lot of risks.

This is for anyone seeking personal development in general.

This isn't a political movement—it's for personal development, nothing more.

The goal is for men to feel safer and more protected. To point out the mainstream media's mistakes without accusing or seeking revenge.

Rather, it's about pointing out mistakes with the intention of resolving them through conversation and correcting them, not seeking revenge on others—otherwise, it will end badly too.

I speak and clarify to raise awareness and provide insight, to lift the heavy burden of energy associated with this kind of philosophical view of life.

This content needs to be reflected upon, understood, and clarified to help men organize their thoughts on the subject. It's not about lowering your vibration with these heavy topics, but rather about not giving credence to that energy. I help foster greater understanding to achieve peace and

harmony through meaningful dialogue. Avoid vulgarity and low-vibration energy.

History

Back in the 2000s, there was a community on Orkut called “A Kick in the Balls Doesn’t Hurt,” and I got to know the people there. There were also many YouTube videos, and I could see that the idea that “a kick in the groin doesn’t hurt” was already taking shape. These videos showed that it doesn’t hurt that much. And there were many YouTube videos in the 2000s showing men enduring kicks and demonstrating that it really doesn’t hurt that much.

Back then in the 2000s, things were different; there were a lot of crazy communities on Orkut about everything, and this one was just another slightly crazy community—but I liked it because I thought it was interesting that they’d come up with this technique and shown on Orkut that all you had to do was wear two pairs of tight underwear to handle it.

Those were good times—the golden age when there were tons of communities of slightly crazy people on the internet. and now it's more professional, and people make videos just to make money off ballbusting, ignoring the old truth that ballbusting doesn't hurt—or at least you could handle it.

The 2000s were very different from the years starting in 2020 and onward. Back then, ballbusting was only in movies and re-runs on the internet. There was a lot more hatred, and now it's more of a fetish. The world is more about sexual entertainment in 2020, but back in the 2000s it was more about hate and violence; after 2020, though, a distinction began to emerge between what was a fetish and what was hate content.

My friend used to be on Orkut and talked about protecting himself from that—from mean, silly, shrewish girls who copied what they saw on TV, and that's bad, because there were women who copied what they saw on TV, suffering from "normosis." Back then, many of the people who spent time on Orkut had nothing on their minds, since it was an empty social network; there was little intellectual content on Orkut or YouTube.

On YouTube, there were only very amateurish videos of terrible quality and little useful content, and on Orkut there were a lot of shallow people and shallow jokes, shallow social interactions, etc., and these people didn't see anything that would help them improve as people or provide entertainment that added value. And generally speaking, on the internet in the 2000s, there was little content that added value to people's lives, which is why people spent their time arguing, fighting, and creating enmities online over trivial matters—because they were being empty, futile, and superficial on Orkut and YouTube. Girls tended to follow mainstream media culture more closely, since they were more empty-headed back then.

Back then, people were more gullible and followed TV more closely, which brainwashed them.

Girls back in the 2000s who watched TV would repeat what they saw—brainwashing, social conditioning, and the trivialization of violence on TV and in the mainstream media, etc...

There was nothing to do back then, when there were no smartphones or the internet; people relied more on TV, and now not so much, because the number of media outlets has increased. But before, they only watched TV because that was all there was, and now there are millions of media outlets on smartphones and laptops, with many people holding different opinions, allowing people in 2020 to think more critically and interact more through comments. Things are a little better now, because people are having the opportunity to think—something that didn't exist in the TV era, when thinking was limited due to the few options for how to think and behave, since every movie promoted that same way of thinking. And indie games like *Undertale*, films like *Walking Life*, documentaries, etc., are some works outside the matrix of control that these globalists exert through mainstream media—works that are generally absent from alternative media, and even when they are present, they're few and far between.

This is because the creator wouldn't agree to rewrite the entire story to fit what these globalists want, to make everything conform to their way of thinking. There are creators with strong personalities who refuse to alter their work just to receive money for including certain lowbrow scenes, words, or behaviors in their creations.

Chapter 01: Underwear

You need reinforced, tight-fitting underwear made of EVA foam—or better yet, cotton fabric—or even better, two pairs of tight-fitting, high-quality brand-name underwear, sewn with stitches to make them tighter; that way, there will be less pain and, consequently, less damage.

I feel the need for improved underwear...

Cotton underwear to allow the genitals to sweat through the underwear and stay cooler.

Use multiple layers of fabric or wear two tight pairs of underwear.

Use EVA rubber fabric, or two tight-fitting cotton underwear pieces sewn together with stitches to keep them snug.

I can use glue to stick the cut-out rubber in place, use EVA rubber, or wear two tight, reinforced cloth underwear from a brand that provides good support and a snug fit, holding the genitals securely in place.

You can test various types of rubber fabric at craft stores, stationery stores, or fabric stores.

Or use two pairs of underwear sewn together to make them tighter and provide more support.

Use EVA rubber fabric or use two tight-fitting underwear pieces sewn with stitches.

Buy underwear with a drawstring for a better fit, and with thick elastic to hold and support them better.

Preferably, wear two pairs of underwear to better support the testicles.

Underwear made from a blend of cotton and spandex won't work—it has to be made of plain cotton.

Tight-fitting underwear—neither too tight nor too loose. Just right.

Sew the underwear to make them thinner; use a good brand.

Wear jeans, a blanket, or a porous fabric.

Use about four layers of cotton fabric to cushion the impact of blows.

Use EVA foam or a layer of fabric. Or wear two pairs of underwear.

Men need underwear to hide their penis, to avoid accidentally getting an erection on the bus, etc.

It’s best to use tight, contoured cloth underwear with an elastic waistband, or cut-to-size EVA foam.

The underwear needs to apply pressure to lift the testicles, which is why it should be tight,

with an elastic waistband, made of thick, durable fabric, to keep the testicles suspended—neither hanging down nor tucked in, but suspended.

You’ll need to figure out how many centimeters they should be, so they’re not too loose or too tight—not pushing the testicles inward, but simply keeping them snugly suspended.

You can use two pairs of underwear with a strip of EVA rubber in the middle. Or two or more pairs of tight-fitting underwear.

Tips for hand-sewing DIY underwear

Length: 18 to 17 cm according to my pattern; check your own pattern.

There are 5 stitches,

the first 6.0 cm or 5 cm,

second: 3 cm or 2.5 cm,

third: 1.0 cm or 0.8 cm,

the fourth is 4 cm or 3.5 cm,

the fifth is 3 cm, and calculate so that only 1 cm remains on the underwear at the bottom, at the last stitch, to make it very tight at the final stitches.

This is to prevent the testicles from sitting too low, sagging downward, or hanging down. It's to allow for more upward movement. You can experiment by adding more stitches at the bottom to help the testicles rise more easily, preventing them from sagging at the bottom as they do in regular underwear.

Try out different stitching points and see which works best for you. Do your own custom tests to see how it fits.

And the Spacing Between Stitches

1 First gap: 6 cm

2 Second gap: 4.5 cm

3 Third gap: 4 cm

4 Fourth spacing: 4 cm

5 Fifth space: 2 cm

This is my template: a small pair of cloth underwear from a brand, sewn with elastic inside; then just trace the curve and sew it with strong sewing thread or kite string.

Summary:

There are 5 stitches,

the first one is 6.0 cm or 5 cm,

2 second stitches of 3 cm or 2.5 cm,

3 third stitch: 1.0 cm or 0.8 cm,

4 fourths of 4 cm or 3.5 cm,

5 fifths of 3 cm,

and

and the Spaces between points

1 First space of 6 cm

2 Second space of 4.5 cm

3 Third space of 4 cm

4 Fourth space of 4 cm

5 Fifth space: 2 cm

Or keep it simple: just sew a bridge at the beginning and end—that's all you need in terms of stitches. Keep testing and adjusting, then finish the seam and the edges.

Note: For the second pair of underwear, just sew the top seam for 5 cm or 6 cm—see what fits and holds up.

2. Sew a tab that looks like a tongue on the right or left side, but only the top part—about 3 cm—just so the tongue doesn't stick out and the underwear stays straight and smooth.

3 Just mark it with a permanent marker and then sew according to the measurements, and everything will turn out fine.

4 Then just fold the front piece to the side and sew it in place.

Note 2. The secret is to customize the underwear to fit you. You can buy them from someone else, but even then, make a small adjustment or adapt them to fit.

Note 3. If it's too tight, just loosen it up a bit by pulling on it or experiment by making smaller stitches.

Note 4. For those who are lazy, keep it simple, basic, and minimal—just sew the beginning and the end, and that's it! Start with something as simple and "lazy" as possible to get started.

Use perforated rubber fabric, just to prevent the impact from causing a whip-like effect.

Or use thick cotton fabric, denim, raw cotton, etc.—a few layers of porous fabric.

And then sew the two pairs of underwear together.

Don't make it too easy—everything takes some work.

Don't make it too tight—not even 1 cm too tight—but rather just right, not too snug but perfectly fitted. That's why you have to calculate your weight, muscle mass, and body fat.

You can do this just by measuring and marking with a permanent marker, but the first time you make them, you have to figure out your body type first—your weight, body fat, muscle mass, and waist type.

Wear one pair of tight underwear and another normal pair on top. You don't need two pairs of tight underwear—just two pairs of underwear.

Sew elastic or glue it between the two pairs of underwear.

Buy underwear from craft stores.

The elastic doesn’t need to have evenly spaced holes—it just needs plenty of holes to allow for breathability.

You can add one if you want! A piece of EVA foam to make it easier and improve cushioning.

You can cut the EVA foam into vertical strips.

If the testicles rise, it’s because you made the underwear correctly, since there needs to be a stitch at the end to make it tighter so the testicles are higher up—and now they’ll rise! Before, they were hanging down because the underwear didn’t have a snug fit in the last few stitches, and that leaves the testicles dangling rather than suspended—when they’re supposed to be suspended and snug, not just hanging loosely.

Make your own DIY underwear reinforced with EVA foam—do it yourself.

Testicles have no protection when naked; only with underwear do they have some protection—the more protection, the better—but when naked, they have no protection at all.

Wear loose-fitting pants.

Avoid buying a medium size; instead, choose large 1, large 2, or large 3.

It helps protect them and provides more security, comfort, etc.

Go to stores and try on the pants, because I don’t know how to buy them just by looking at the size without trying them on—I find it hard

to figure that out. Pants help hide reinforced underwear, because I don't like showing off my genitals in tight pants; I'd rather people not see them—I'm not an exhibitionist.

Buy good-quality brand-name underwear or generic brands, but it has to be sewn briefs made of fabric with an elastic waistband inside—not seamless elastic underwear. It has to be convex, small adult size, and made of EVA foam as an optional extra if you want!

You can sew everything by hand to make DIY underwear

Make them comfortable—so place the EVA foam between two small adult briefs. Don't use glue; sew them by hand instead. Just sew a few stitches between the two briefs to secure the EVA foam in a tight, small, convex pair of briefs. This is optional.

It's best to just use tight-fitting cloth underwear and sew it with stitches.

Wear large polyester pants to help with breathability and prevent overheating. This helps hide the underwear if you're self-conscious.

Regular underwear can get damaged, but tight underwear lifts the testicles without causing harm, and the EVA foam absorbs the impact and also helps lift the testicles.

The testicles don't have much protection, since they're outside the body, which can make you feel scared and vulnerable. But they're mobile and can avoid direct blows with tight, reinforced underwear.

And with EVA foam, they can withstand even more damage and avoid being hit directly. That's great.

The testicles are exposed, which creates a feeling of insecurity, but underwear gives you security and self-confidence.

But keep in mind that the testicles aren't untouchable, and they can withstand a few blows.

And with reinforced underwear, they can withstand blows considered strong and remain unharmed.

Keep in mind that the idea that testicles always hurt isn't true. With reinforced underwear, the testicles move and cushion the impact.

Remember, the testicles aren't so fragile that they'll be easily crushed by just any kick.

They're tough enough to withstand hard blows when wearing reinforced underwear.

Since they aren't invulnerable or that fragile, they can withstand a few blows.

But when it comes to hard blows, only reinforced, tight-fitting underwear can handle them better, because it cushions the impact and causes them to move upward, out of the way.

Keep the testicles slightly elevated and suspended in the tight underwear.

You can make the underwear in various ways and see which one works best for you.

Option 1: You can buy a permanent marker and, using a ruler, mark the stitching points with the marker. Then remove the underwear after marking all the points, take the sewing thread and needle, sew the stitches, and recheck to see if the measurements are correct. Then, while

naked, try on the underwear to see if it fits well—at least check the starting and ending points—and make sure the testicles are suspended, neither sagging downward nor tucked inward. Then just reinforce the stitches with the sewing thread after you've tested it and decided it looks good; otherwise, just undo it, measure again to readjust, redo the stitches, and test it again while naked to see if it's right. It doesn't have to be perfect—the goal is to keep the testicles suspended and tighter.

Option 2: You can go ahead and write down in a notebook all the stitch patterns you've tested that worked well. Then just make the stitches on your bedroom table using a pen, ruler, sewing thread, needle, scissors, etc. It's an easier way, but it's best to try Option 1 first, then write down the correct stitch patterns, and only redo them semi-automatically once you've gained more experience after your first attempt.

You'll gain experience and learn how to make DIY underwear, and you'll be able to sell them later as a way to earn extra income.

It's best to shave so the hair is short; this makes it easier to adjust your testicles and position them in your underwear. Long hair makes it difficult to adjust your testicles with your underwear on.

The underwear is easy to make, but it requires some experience. By looking at the photos at the end of the ebook and reading this chapter, you'll get a good idea of how to do it, but you'll only master it through practice—by getting your hands dirty. You might be able to make them the first time, but it'll be slow going. However, over the next few times and days, you'll learn through practice and be able to make them more easily, because you'll have learned how to make DIY underwear.

Know that these boxers are really great, because you'll feel your scrotum in a more comfortable position—even when jumping and running—without anything swinging around too much. And yes, they'll give you comfort and security.

The technique is important not to prevent pain, but to ensure the testicles aren't crushed or struck directly. The underwear keeps the testicles suspended, snug, and slightly elevated. And that prevents them from being struck directly.

Learn how to choose your underwear and adjust it so that your scrotum is positioned higher up. This way, your testicles have more freedom to move upward because they'll be suspended—neither hanging down nor tucked immovably inside your groin—but rather in the middle. When you get kicked, the testicles will rise if you're wearing good, snug underwear that supports their natural mobility.

Wearing two pairs of thicker underwear—such as two layers of thick cotton underwear—helps, but always be careful not to get kicked by hard objects like leather boots or other hard items; however, you can handle it better if you're kicked while wearing flip-flops or barefoot. That's because while you can handle hard objects, they cause bruising, so it's better to take a kick while barefoot or wearing softer sandals. That way, you won't need to wear underwear with E.V.A. rubber.

Any brand is fine, as long as they're briefs with a sewn-in elastic waistband—not underwear with a seamless elastic band attached to the fabric. Elastic alone doesn't hold; they must be fabric briefs with a sewn-in elastic waistband. There are example images at the end of the e-book.

It's best to buy briefs that already have elastic, but if you want, you can sew in elastic if they're too loose.

The reasons for using these briefs

are twofold: they provide more support

they have stitches that provide better support

the stitches in the underwear help provide better support, like a bra

it prevents accidental erections in public and embarrassment

It prevents it from getting too limp, jiggly, or flaccid, etc.

etc.

These are some good reasons for you to tell others about the benefits of these underwear, without getting into technical details.

You should change your underwear almost every week, because you have to—it gets dirty with sebum, sweat, bodily secretions, etc. Dirty underwear traps heat, while clean underwear keeps you cool and allows you to breathe.

Have between 4 and 12 pairs of underwear to rotate, test, switch out, observe, study, and get to know yourself better.

Wear only one pair of underwear when it’s new, but when they’re getting old, it’s better to wear two old pairs—if you don’t have a new one.

Chapter 2: Testicles

THE TESTICLES

1. They’re on the outside, but they’re mobile, and reinforced underwear helps alleviate excessive insecurity.

2 They’re awkward, clumsy, loose, and dangling, which gives a feeling of lack of control,

but with underwear, the loose testicles move around and avoid direct impact

3 The testicles aren’t that big, and the scrotum is large enough for the testicles to move up or down. And because of their size, the testicles can move—they aren’t the size of an orange but rather the size of a slightly large olive—yet they’re large enough to move and avoid impact.

It’s important to be aware of your testicles, to have self-awareness of them—that they can move, rise up toward the groin, are loose within the scrotum, etc.—in other words, you need to recognize the mobility of the testicles as something natural.

Be aware of their natural mobility.

Know that the testicles may feel loose, out of the way, or awkward, etc., but it is precisely this natural mobility that helps them avoid direct contact, and tight underwear helps them move upward and escape.

With a good pair of snug underwear, you can trust in their natural mobility.

The testicles will always feel insecure, and the only way to gain more security and self-confidence is to wear better underwear.

This is because the testicles are outside the body and beyond conscious control.

The testicles have muscles only for use in response to temperature changes, not like an arm or a leg, which have

conscious muscular control; the testicles have no muscular control.

Have you ever noticed that curious muscle that pulls the testicles up?

This muscle, which controls retraction, is the one that raises and lowers the testicles in response to the temperature the body

detects in the environment. It doesn't have conscious control—it's like the muscles in the ears: we can move our ears a little, but we can't lift them that high.

The way to withstand kicks is by wearing tight underwear, which keeps the testicles in a position ready to move upward when you take a kick—without needing conscious muscle control. Instead, the kick is absorbed with the help of the tight underwear combined with the natural mobility

of the testicles, which slide easily inside the scrotum, which contains a natural lubricant that allows the testicles to move freely.

What causes the most insecurity isn't a lack of control, but rather a lack of self-awareness—the realization that the testicles can move and withstand impact. And with the help of tight underwear, you'll gain more self-confidence in your understanding of their natural mobility and in the support provided by the tight underwear.

Even though the testicles are clumsy, awkward, confusing, and hanging out, with self-awareness and tight underwear, you'll have more self-confidence and self-esteem.

The testicles will always be a source of insecurity for various reasons, such as: they're outside the body, loose, dangling, out of control, left hanging outside, exposed, and a bit large—and this creates an uncomfortable feeling of insecurity. And the only way to improve self-confidence, self-esteem, security, and comfort is with better underwear—underwear that's tight-fitting, worn in pairs, and from a quality brand.

Testicles are just like breasts, because they're an organ that's outside the body and can only withstand kicks when wearing good-quality brand-name underwear or two tight, sewn-together pairs of underwear.

Be aware of your testicles; you don't need to practice ballbusting, but rather test them yourself by pulling on them, throwing quick punches, testing a half-kick with a sock and an orange, etc.—and you can do various different tests for self-awareness.

Enduring without superpowers—I'm talking about increasing your endurance, not gaining superpowers. It's about getting stronger, but not becoming Superman—just a little more resilient, not some Iron Man or anything like that.

You have to understand this, and it's a real eye-opener to realize that the testicles aren't that fragile or that strong. You can't control them, but they can move because they're mobile—in other words, they're neither super weak nor super strong. And yes, you have to understand this: know that it's normal—neither weak nor strong—when wearing tight underwear. They'll just be more resilient—able to withstand a few extra blows but not repeated ones—you're not going to become Goku. You have to understand that you'll become more resilient, but nothing supernatural and no superpowers—just a slightly stronger man, that's all.

You have to be aware of this and understand it.

Never believe in superpowers or anything magical, so you don't start thinking you're Superman. Because that doesn't exist, and this technique isn't about being strong—it's about being more resilient. That's all.

One of the important things I've realized about ballbusting is that the testicles aren't actually that weak, and in kung fu, they can withstand a lot—though the truth is, it does cause damage as well.

Both views are wrong: they aren't that strong because it causes damage, and they aren't that weak because ballbusting shows they aren't that weak after all. The truth is that there's a balance—neither too strong nor too weak. It can cause damage, but not as much as the mainstream media portrays, and they can withstand it, but it will still cause some damage. I realized there's a balance—neither too much endurance nor too little.

Neither an egg nor an iron ball. It's a balance—it might not hurt that much, but it's not like it won't cause any damage at all; it will cause damage, but not that much; it will hurt, but not that much. It's a balance—weak, but not that weak, and it can withstand it, but not that much, because it also causes damage. The testicles aren't that weak or that strong; you can see a balance—not like in the movies, and not like in a

kung fu demonstration either. It can cause damage, but it won't always be that much damage if you're wearing better underwear, and if it hurts, it might not hurt as much as shown in the movies—it's a balance.

It's important to understand the nature of the testicles—that they're mobile and move around—and that's why they can withstand it.

I've tried tying them up with two socks, and it feels like the testicles are exposed and vulnerable, but with tight underwear, the testicles are held tighter and higher up. And that provides a greater sense of security and testicular protection. You can try these two extremes to see the contrast between them and realize how wearing tight underwear helps a man—I was able to notice that contrast.

With just one sock, the testicles feel more vulnerable than usual

And when the testicles are in two good, tight pairs of underwear with seams, they feel well-protected and secure.

The testicles only suffer significant damage if they take kicks or blows while tied up with a sock, a shoelace, or a tight hole

in the underwear. Because this restricts the testicles' mobility.

Never tie your testicles to take blows, as this puts pressure on them and restricts their natural internal and external mobility. This increases the damage by a factor of 10 or more—in other words, tying your testicles will leave you extremely exposed, even if they're well-protected by tight underwear.

The testicles will always take a bit of a hit, and that's normal because they're outside the body, but that's no reason to get depressed about it. There was a case where a woman died because a drunk man threw a glass bottle at her neck, cutting her, and she died instantly—because he was drunk and high, which is why he committed that violent act. He didn't

intend to kill her; he was trying to throw the bottle onto the soccer field, but it ended up hitting the woman sitting in the front row of the stadium. It was an accident, and it shows that women are also fragile. You have to know that the scrotum can be cut by a glass bottle, a knife, a spear, an iron skewer, etc. The testicles will usually bleed, but you probably won't die like that woman did, because the testicles are tougher than the neck; injuries to the testicles are non-lethal, while injuries to the neck are usually more lethal. You can see that getting cut on the testicles will just cause bleeding and a trip to the hospital, whereas a cut to the neck results in instant death—that's the real weak spot, not the testicles—so stop being so afraid of the testicles.

Men are very afraid because the testicles protrude from the body, hanging freely and lacking motor control. But you have to know that this is normal—just as women's breasts are normal—but men have developed an inferiority complex because of the way their testicles are. And the mainstream media ends up exploiting men's mental insecurities, filling their heads with nonsense.

Testicles don't have superpowers! They're held in place by tight underwear, or—in the case of these sadomasochists—they rely solely on their natural mobility; even while suffering damage, they manage because they still retain some natural mobility, even without reinforced underwear.

But to minimize damage, you need tight underwear—which helps by supporting the testicles' natural mobility, allowing them to rise and suffer less damage. Because the testicles are held tighter, the scrotum is positioned higher, the testicles are suspended, and the tight underwear helps them rise and move more freely, thereby suffering less damage.

You won’t gain superpowers, but you will have greater endurance—that’s all—because the underwear is simply more durable.

The testicles are very mobile internally because they contain a lot of internal lubricant, so make sure to eat well and drink plenty of water.

Avoid inflammatory foods, such as sugar, vegetable oils, and hydrogenated fats.

Over time, through observation and experimentation, you’ll see that the testicles aren’t really that ugly or strange, and you’ll come to terms with the fact that they’re just a mammalian characteristic. You’ll realize this as you grow older and more mature.

Be careful of serious damage to the testicles, such as two conditions:

One: testicular torsion in cases of thin testicles and a lack of pelvic Kegel exercises. And

Two: trauma and testicular rupture in cases of very strong and excessive blows, or if you don’t wear high-quality, non-restrictive underwear.

And three: excessive swelling—know that this often resolves with walking, drinking water, a healthy diet, avoiding inflammatory foods, and practicing intermittent fasting for the rest of your life or for several months.

Always avoid excessive impact; if they’re slightly swollen—meaning they feel harder when squeezed—you’re already crossing the line. Normally, the testicles should feel soft when touched with a finger. This is important

to prevent serious damage—even if you're enduring the pain, you can still suffer damage, so practice moderation and use common sense.

You have to understand the hidden physiology of the male body. With the right underwear, you'll see that the testicles can move upward; you'll be able to test this with your underwear, your hands, a flip-flop, etc., using two pairs of tight-fitting, small-sized adult underwear with properly placed seams.

The testicles hang loosely, uncontrolled, and are easy to grab and pull backward; you'll see that they're very exposed outside the body, and this exposure—being outside the body—creates a sense of vulnerability, which is why it's useful and beneficial to wear two tight pairs of underwear, so the testicles are held more securely and move upward when kicked or grabbed—making it harder to grab and pull them down, because the testicles are confined by the two pairs of underwear and won't be as easy to grab and pull down as they would be if you were naked.

Understand the mechanics of how the testicles work.

The testicles are in a loose sac and are not under your control, which is why men think they'll be easy to crush. But that's not quite how it works in real life; men can withstand it because the testicles can move around a lot.

Although the testicles have no control over moving upward, have no control over retracting into the body, and lack muscular control—even if you manage to pull them upward, etc.

The testicles, even though they're not under any conscious control, are in a very mobile scrotum, and the testicles themselves are very mobile too.

And tight underwear really helps them move upward and escape much more easily and effectively!

It's really a mechanical thing—the testicles are like big marbles in a sac, but the human body is different: the testicles are moist and the scrotum is moist too, which makes them slippery and allows them to move up and down.

They hang loosely, which helps them move even more—allowing for greater resilience thanks to this natural mobility. Plus, by wearing a couple of good pairs of tight underwear, the testicles can move upward more easily and gain greater evasion and mobility, even without full motor control and despite not retracting completely into the body. They really can dodge direct blows.

Understanding the hidden mechanism of the testicles will make you feel safer, more self-confident, and boost your overall self-esteem.

Despite their fragile appearance, there are these ballbusting guys who can take kicks while naked; this happens because even if the testicles don't retract upward with the tight underwear technique, they can also move sideways during a kick, since the testicles are mobile even without retracting upward. Tight underwear simply provides more protection and reduces pain and damage, but there are ballbusters who can take kicks while naked as well—though they get hurt much more, because without tight underwear, the tendency is to cause more damage.

This is because, when naked, the testicles usually move downward and then sideways, sustaining more damage that way. Whereas in tight underwear, the testicles move more upward and are less likely to be hit, resulting in less damage to the testicles.

Tight underwear—that's the hidden mechanics of the testicles—makes a difference by increasing resilience, making you feel more self-confident and secure, because the testicles will be better protected from kicks to the groin.

The testicles seem confusing because they're loose and mobile in a strange scrotal sac—that's what I thought as a teenager—but after a while you get used to it and realize it's a characteristic of mammals.

Over the years, the testicles become something normal, and you'll treat them more naturally as time goes on.

It's a little strange at first, because an organ is so mobile and flexible—it isn't controlled by muscles but instead remains mobile and flexible within the scrotum—which gives a feeling of lack of control. But as the years go by, as you get to know yourself better—by wearing tighter underwear, for example—you'll gradually get used to these mammalian characteristics.

It takes time to mature further—it takes years—to gradually get used to these mammalian characteristics.

Don't massage your testicles too much—that's not the way to go.

It's not about massaging, but rather increasing mobility. The key is to wear two pairs of tight underwear and contract your groin muscles for as long as you can—for 5, 10 seconds, or more—holding the contraction for a long time.

That's what helps strengthen the organs—not just massaging, which only helps you become more aware of your testicles; it's more about that.

Contracting the groin muscles is the best way to tone the testicles and increase their chi—it's a physical exercise that helps infuse the testicles with more vital chi. Kegel exercises should also be done occasionally, but the main and most important thing—which should be done more often—is to contract the upper groin muscles that pull up the testicles and then

the anus, pressing both at the same time. You'll feel the pressure, and that's what strengthens the groin and infuses it with more vital chi.

Be careful, though, because massage can also cause damage to the testicles if done with excessive force—even more so than blows, since blows cause the testicles to move around more and don't strike them deeply.

But with massage, it's a different story: the testicles are being pressed more directly and more deeply, so avoid vigorous massage for too many minutes. This can leave you with pain and damage for a few days afterward.

The testicles are soft, loose, hanging, and uncontrollable, which creates extreme insecurity; however, with tight, high-quality underwear, you can feel secure despite the lack of testicular control.

The testicles need to be adjusted in the underwear, but don't keep searching for the "perfect" position—just adjust them once and leave them be. The important thing is for them to be positioned slightly higher, but not pulled inward. They should be held more tightly upward—not inward—and snug against the tight underwear.

And don't keep readjusting them—just make sure they're snug, held in place, in tight underwear, positioned slightly higher, etc. Don't keep adjusting them all the time; only do so after you've finished using the restroom and make a final adjustment at the end. Don't keep adjusting them constantly—don't strive for perfection—but rather follow the techniques to ensure your testicles are snug, held up, slightly higher, and snug against tight underwear—and that's it. Don't keep adjusting them all the time; trust the technique more, without obsessing over finding the "perfect" position.

If you do adjust them, do so only a few times, making small adjustments inside your underwear.

It's important to study, test, and analyze your testicles; I realized that the fear isn't about getting hit, since they're resilient. The fear is that the testicle will twist out of nowhere, because you don't have as much control over it as you do over a finger, and you have to grab it, feel it, and pull it down to check if it's in the right position and not twisted. You feel it with your fingers and sense if there's a strand on top and a bit of excess skin underneath the testicle, and that means the testicle is in the right position—that's the biggest fear, because the testicles are outside of muscular control, and it's scarier for them to twist out of nowhere, since the rest of the body has muscular control; the ears aren't hanging there without muscular control and won't twist out of nowhere, unlike what happens with testicles attached by a thin cord without pelvic exercises. Because the testicles are outside the body—loose, hanging, and without muscular control—this is scary, but it's even scarier if they get twisted out of nowhere, since it's an organ that feels like it's out of control, and that's why there's more anxiety about them twisting out of nowhere than about getting hit because they're exposed—because being exposed just means not getting shot. If you're in a gunfight, whether or not you have testicles makes no difference, because the fight involves gunfire, and wherever you get shot, your body will sustain damage. This provides a sense of security when fighting with a firearm.

The fear isn't so much about being exposed outside the body, but rather the fear of being out of your control and getting tangled up, because you lack conscious muscular control to untangle yourself. Imagine if you only had a scrotum with two testicles inside and the testicles accidentally got tangled up with each other—that would be very scary. But thankfully, testicles can't get tangled up with each other. And to prevent them from getting tangled, you just need to exercise the muscles of the spermatic cord and testicles.

Chapter 3: Technique

ABOUT THE TECHNIQUE

The testicles must be suspended—neither hanging down nor tucked inside the body. They must be in the middle, slightly upward, but not inward.

Supporting them is a mechanical process—the underwear, the testicles, and the kick are all mechanical, and you can support them if you wear reinforced, tight-fitting, and properly positioned underwear.

You'll never become Superman. Martial arts are for those with superior technique and extensive training—not for those with superpowers to cast spells or possess super defenses using ki, chakra, etc. Magical powers only exist in anime. It's only in anime that Goku gets shot at, has Trunks' sword thrown at him, and blocks it with a single finger. In martial arts, you defend yourself through extensive training; you don't have superpowers to withstand gunshots or sword cuts.

My technique is to withstand attacks through natural mobility, aided by reinforced underwear. And not to turn into Super Saiyan Goku.

It’s not as fragile as it seems—the testicles aren’t as fragile as they appear to be. When kicked, they’re mobile and will move up or down to avoid direct blows that would actually cause more damage.

Also, the testicles aren’t so big that they’re easy to hit without moving; they’re mobile inside the large scrotum and can move around. And with reinforced underwear, they can move upward and withstand a few kicks.

Because the testicles are soft, flexible, small, and housed in a large scrotum that allows them to move, they can slide and move upward inside reinforced underwear. This way, there isn’t as much pain or damage, since the underwear helps prevent direct hits.

The technique relies on the natural mobility of the testicles, aided by reinforced underwear. This underwear is tight-fitting, small (small adult size), sewn to be convex, and/or lined with EVA foam. You can also wear two pairs of this type of underwear with a piece of EVA foam in between.

Understand the laws of nature: the testicles are organs located outside the body, which can suffer more damage than usual.

But also understand that the testicles are mobile, and reinforced underwear allows them to withstand even strong blows can be withstood, because you have to understand the physics of the underwear: the testicles are mobile and will avoid a direct blow that would crush them, but because they are mobile, the damage is reduced, and with underwear reinforced with rubber, the testicles are lifted so they aren’t struck directly, which is why they can withstand it—the impact doesn’t hit them directly; they move upward, and the damage is further cushioned by a piece of EVA rubber or two pairs of underwear or three pairs of underwear.

Understand the laws of mechanical physics, and you’ll be absolutely certain that you can withstand kicks without suffering serious injury.

You'll only suffer damage in cases of car crashes, motorcycle accidents, blows from a hammer, a club, etc.—in other words, only from very strong impacts.

By understanding the laws of mechanics, you'll realize that kicks don't hit the testicles directly—they slide upward inside reinforced, tight-fitting underwear. That way, you can withstand a kick, even a strong one.

Understand the laws of mechanical physics. If you want to withstand it, you have to avoid taking multiple blows, because it's easy to withstand a single kick, but practicing ballbusting goes against the laws of physics—it will cause damage due to excessive repetition. However, you can withstand a few kicks without sustaining damage, as long as you obey the laws of physics—that is, taking only one or a few kicks to the groin. You can't overdo it; you have to obey the laws of physics and nature.

If you respect the laws of physics, you'll realize that a single kick hurts, but you can handle it with reinforced underwear.

You can withstand several kicks, but that goes against the laws of physics and will therefore injure your body.

So act with moderation, but know that you can indeed handle it, because you know and understand the technique of tight underwear reinforced with EVA foam.

This applies to everything in life: don't exceed the physical limits set by the laws of physics, so as not to hurt yourself.

Respect the laws of physics—which means don't overdo it, that is, don't take too many kicks, because that way

you'll be able to handle it without suffering any damage. At most, your skin will turn red and you'll feel a little pain.

Understand the physics of endurance.

One testicle may go down and the other up, but neither is hit directly, thanks to the EVA rubber or two pairs of underwear.

Both testicles won't always move upward, but if the kick slips and doesn't make direct contact, you can still withstand the kick to the groin.

Understand the laws of physics and nature.

Accept your body and do something about it—namely, wear tight, reinforced underwear.

There will be minimal damage; the testicles only sustain damage in regular underwear, which offers no protection. But with reinforced underwear, you can withstand the kick with little pain and damage.

Because you're wearing reinforced underwear, and you take advantage of the testicles' natural mobility—they move upon impact and aren't struck directly—the damage is minimal.

EVA foam or wearing two pairs of underwear cushions the impact; the tight underwear allows the testicles to move and avoid being struck directly.

The protection lies in their natural mobility to move upward and in tight, reinforced underwear with rubber padding. This allows you to withstand a few blows without any trouble.

Know that this is enough to withstand the blows, and know that you're made of flesh and blood.

You don't need to try to become Superman and endure repeated blows, because repetition will cause injury. In a fight, you need to endure just long enough to defend yourself or escape. As I've said, it's the excess and the strong blows that will cause damage, because repetition follows the philosophy of water wearing away stone—through repetition, water

erodes the stone because it has taken more than a thousand blows. And this kind of excess is dangerous.

You're increasing your defense, not becoming a superman or something supernatural—just a limited, weak human with better protection thanks to these reinforced briefs. And you need to master the technique of self-awareness.

The testicles are exposed and are hit more easily, but with reinforced underwear, the blows graze them and don't strike them directly. And the testicles can withstand it and have more resilience—they can take more than one kick; they can take many kicks, if you want. But the blows will always graze the testicles, so avoid excessive repetition, because there will always be minor damage; that's why you need to take only a few blows, not many. Just a few—avoid overdoing it. No one is Superman; Superman only exists in the movies! In real life, it's a man wearing reinforced underwear—made of EVA foam, tight-fitting, convex, and small—or two pairs of underwear, with padding, etc.

A kick can go up or down. But with reinforced underwear, you can handle it and suffer minimal damage. That's because these underwear help the testicles move and cushion the impact.

Rubbing your testicles against tight underwear and having them rise doesn't hurt as much; the problem is when you're not wearing underwear and get hit directly—the testicles don't rise, so you'll feel the pain of them being pressed without being able to move upward and escape.

I realized the importance of wearing two pairs of tight, contoured, seamed, and durable brand-name underwear.

You have to know yourself well enough to realize that tight, contoured underwear with seams sewn in the right places will help keep everything snug—you just have to adjust them to fit your body. Wearing two pairs of underwear is also better than just one; it's not an exaggeration—it's a necessity to wear two pairs, and you don't need three, but two help the most. If you wear more, it's not necessary, but having two pairs of underwear is essential, as it provides more support to keep the testicles suspended in the underwear. One pair isn't enough—it has to be two—but three isn't really necessary.

The testicles are one of the most mobile parts of the human body after the arms, because they can move up and down just like the arms. Confidence in the technique lies in trusting their natural mobility and in wearing two pairs of high-quality, tight-fitting, well-sewn underwear.

I tested a sock filled with a ball the size of an orange; depending on the weight and force, it can cause more or less pain and damage. Generally, you can withstand a few blows, even without underwear—I realized you can handle it because the testicles aren't as fragile as people think. you can still have some resilience even without underwear; you can test it with a ball about the size of a medium one, or a sock filled with a large orange. I could feel the weight and the impact—it can cause some damage and pain—but you can see there's resilience, and wearing underwear will help minimize damage and pain.

Testicles aren't eggs—they can take a few hits, and tight underwear will minimize the damage. That's because certain types of underwear help reduce pain and damage. But there will always be some damage if you go too far. So always be careful.

Having testicles isn't a death sentence; if you know how to fight, you'll know how to dodge and defend against blows, and then escape without having to fight in some cases. You're in motion—you're not a stationary rock that just takes hits, as shown in "ballbusting pecan" in general, it only shows men who are tied up or standing still—men who don't know defensive techniques like jumping back to dodge, or placing their palms with straight, closed fingers to block a woman's foot or kick—in which case the kick will veer to the side and won't hit your testicles, and then you just need to step away or defend against further blows, provided you know defensive and evasion techniques, because in hentai, the men are all weak and stupid.

You can move around; you're awake; you can jump, dodge, defend yourself, run away, sprint, etc.

Try it out and see the difference between wearing pants without underwear—with your testicles hanging freely—and wearing pants with tight underwear—with your testicles held up.

Overall, you'll feel more secure knowing that your testicles are suspended and can rise upward to avoid direct blows.

Try contracting the testicular muscles while lying in bed, with your arms raised above your head and several pillows under your head or buttocks, in various different positions. As you experiment, contract the testicular muscles to increase oxygenation and nourishment to the testicles, prevent hernias, and strengthen the muscles of the lower chest—which are located in the upper part of the pelvis.

This is not the anal muscle but rather the muscles of the testicles; they help improve blood circulation. It will not make the testicles movable—the muscle will simply make the testicles healthier—and it is not intended to

gain motor control, since that is not possible, but rather to support physical health and improve testicular health.

You can try various positions to exercise this muscle—part of the male body's hidden physiology—as well as the anus; this is a pelvic exercise, and together with Kegel exercises for the testicles, it will improve your ejaculatory control, testicular health, and strengthen the muscles in that area, making them stronger and healthier.

First, contract the muscles around the testicles, and then squeeze the muscles of the anus. Try contracting the weaker testicle first; both will contract simultaneously as you continue to contract the muscle.

Try various positions to engage the testicular pelvic muscles: lie down and raise your right leg to contract only the left testicle, testing each side once to develop muscle awareness in the male pelvis.

Be careful—don't try to make your testicles too big; normal size is best. Don't pull or massage your testicles too much, as it's not worth wasting your time on that. Just wear two pairs of underwear and flex your groin muscles.

Your testicles are already a good size—accept them as they are.

The testicles can handle being in two tight pairs of underwear, as this aids mobility. Without underwear and with the testicles tied up in a sock, you can see that it fits more snugly but causes more pain and damage; however, in tight underwear, you can see that they tend to move more and will dodge blows that would be direct hits if they were tied up in a

sock. Here are these two examples: one with the testicles tied in a sock, which would take the full impact, and the other with tight underwear and the testicles loose inside, which would improve mobility and help dodge a kick.

It only causes more damage and pain if you’re naked, since the blow hits the hanging testicles directly against the underside of the groin. But in tight underwear, they rise up and get out of the way, resulting in less damage and pain.

It's good to pay attention to your body; a pelvis that's slightly tilted up and forward is better than one that's tilted down and back. You can tell this by watching how your testicles move more easily upward during a blow.

Chapter 4: Fear

The testicles aren't that big and are housed in a scrotum that's large and slippery enough to allow movement. You can usually handle a kick while wearing underwear because the scrotum is large and slippery, helping the testicles move, slide upward, and withstand a few kicks.

The mainstream media has portrayed testicles as "eggs," but they aren't that fragile. And it's not a kick to the "balls" but rather a kick to the scrotum, since the testicles move and the kick only hits the scrotum; therefore, there's no need to be afraid—weak or moderate kicks won't cause that much pain or damage.

The media has created this image that it hurts a lot and causes a lot of damage—it can indeed cause damage, but sometimes it's not as exaggerated as it's portrayed in mainstream American movies, which like to instill fear in men and exploit their insecurity and lack of knowledge about their genitals.

You need to have self-awareness so you don't get so scared, because ignorance and a lack of self-awareness breed fear of the unknown—you don't know your own body, you don't know the technique, and you wear tight underwear. Insecurity stems from the fear of dying or getting hurt. So learn how to do it by getting to know your body, so you can stay within your limits.

Knowing your body helps alleviate excessive fear, because you realize that while you can't control your testicles, they can move and avoid more direct impacts.

There will always be a little scraping, but with underwear on, they'll always move, and with tight underwear, they'll hold their ground even if it causes some pain and damage. The tendency with tight underwear is for the testicles to scrape, move upward, and dodge the blows; the secret lies in wearing tight underwear to withstand the impact, but there's always some bruising depending on what the woman is wearing, since some sneakers are hard and cause more damage; even if they don't hit the testicles directly, they can leave just the scrotum bruised, Even though the testicles move and dodge, any impact with a hard object is dangerous and will leave a bruise anywhere—even if it doesn't hit the testicles directly, it will cause damage simply because it's a hard object. If you want to practice, do so barefoot, in flip-flops, or with a soft orange wrapped in a sock.

The testicles will always instill a sense of fear because they're outside the body, but they're mobile and can move around inside a good pair of tight-fitting underwear, and this alleviates the fear of being struck directly in the testicles—since you know that if they can dodge a direct blow, you'll suffer less damage and less pain.

Without underwear, the testicles don't move upward—they just hang there—which creates a feeling of insecurity that you'll suffer more damage; tight underwear, on the other hand, provides the security of knowing you'll suffer less damage and less pain.

Just don't overdo it, though, because while it won't hit the testicles, it could cause damage elsewhere—so don't go too far. But underwear will relieve the insecurity that comes from the testicles being too far outside

the body and hanging there without the mobility to move upward and avoid the kick.

A “cuntbust” hurts almost as much—it’s equivalent—and both can cause pain and damage. The problem for men is that it’s scarier, because the testicles are outside the body.

And because they’re outside the body, they can be crushed and suffer more serious damage. Women also feel pain, but men generally suffer more damage.

That’s why you have to be more careful and take extra safety precautions by wearing two pairs of tight underwear; avoid overdoing it with ballbusts, and when participating in extreme sports, in addition to tight underwear, you can wear an EVA rubber pad to minimize pain and damage.

You have to learn to use some form of protection, even if it’s minimal, by wearing one or two pairs of tight, seamed underwear.

It’s best to avoid certain habits, but you can try a few light blows.

Or try something like a light ballbust with a flip-flop while wearing your tight underwear, just to gain some experience.

You don’t even need to practice ballbusting, but you can test yourself with a piece of wood, a sneaker, a sock with a ball inside, a flip-flop, etc.

To conduct your own tests and gain experience with pain tolerance, try wearing tight underwear or going commando.

I’m not saying you should get addicted to taking hits or practicing ballbust, but it’s interesting to test things out to see that wearing tight underwear helps you withstand a blow, a whip crack, a flip-flop slap, etc.

Because a blow—like a kick—comes from the bottom up and travels upward toward the testicles, so you’ll suffer less damage from a moderate blow. This way, you’ll learn that you can withstand a few blows and that testicles aren’t like eggs—they aren’t that fragile and have a certain amount of resilience.

You’re not Superman, but you can test your limits and build up some resilience—just don’t overdo it to avoid inflammation, since you’re already pushing your body’s limits.

The mystery behind this insecurity is that the testicles are outside the body, which creates this feeling of insecurity—the fear that they’ll be crushed—and people don’t realize that not just any blow will crush them. Wearing underwear helps prevent a kick from hitting them directly and allows the testicles to avoid more direct blows.

The testicles are outside the body, but you should also be aware that they have natural mobility, and this can be improved by wearing two pairs of underwear as part of the “tight underwear” technique. This helps boost confidence and self-esteem.

Insecurity stems from a lack of self-knowledge regarding the physiology and hidden anatomy of the male body, as well as from not wearing good, tight-fitting underwear.

Self-confidence lies in mobility, not in conscious control, but rather in trust in your underwear and in the natural mobility of the testicles.

Man, men aren't weak just because our testicles are outside the body; we feel a lack of control over them and think we're impotent because of it. But that's not true—strength doesn't always come from perfect protection, like a woman's, whose sexual glands are inside the body and super-protected.

The testicles are outside the body, and a man can't pull them completely back into the abdomen—they can only go up to the top of the groin at most, but they don't go all the way in. And that creates a feeling of insecurity, making you think you're weak because of it.

But that's not true, even though they're outside the body and you can't control pulling them back inside. You can wear two pairs of tight underwear and rely on the testicles' natural mobility—since they're movable—and with the scrotum positioned higher, if you get kicked, the testicles will rise upward toward the upper groin.

And that gives you a sense of greater self-confidence, not a sense of perfection. I don't believe in perfection—maybe only a machine does—and it's fine for humans to be weaker than robots.

It's good enough just to have more resilience with two pairs of tight underwear.

You have to feel good about yourself, as a man who isn't as perfect as a war robot—one that's built entirely of metal as its "skin," covering and protecting its entire body.

A man can even take a few kicks to the groin and some blows from other humans, but there's a limit to how much he can take; a robot, on the other hand, is so strong that it only dies from a rocket-propelled grenade.

Men are afraid of having their testicles crushed because they hang outside the body, dangling loosely and hanging low; and because they hang so low and sag, it creates a feeling of extreme insecurity in men, because they feel that a kick will hit their thighs and not be absorbed upward as it

would in tight underwear—wearing two pairs of tight underwear changes the psychological dynamic.

This is because when the testicles are tighter and suspended, a kick causes them to move upward, preventing them from being easily struck or crushed against the lower part of the pelvis—where they would remain stationary and get crushed—as happens when wearing loose, baggy underwear. With loose underwear, the testicles lack mobility to escape, so they don't move during a kick because they're just hanging there.

But when the testicles are suspended in the middle—neither too far out nor too far in—they behave differently. During a kick, they generally move upward because they are held tightly by two tight pairs of underwear, which allows them to move more freely.

Wearing two pairs of tight underwear makes the testicles more mobile and helps them stay closer to the body's entrance; when kicked, they move upward. This improves the testicles' condition simply by wearing two pairs of tight underwear; This greatly helps the testicles stay closer to the body, making them more mobile up or down—thereby helping them avoid being crushed during a kick from below.

Many men don't know this exists and therefore think it doesn't, because it isn't covered by the mainstream media, but they don't realize there's alternative media on the internet that teaches different approaches to testicular protection. There are things the mainstream media doesn't show or misrepresents when it comes to kung fu.

The problem is insecurity, stemming from a lack of motor control, which creates insecurity due to the feeling of being out of control.

Testicles will always make you feel insecure, which is why it's important to feel more secure in tight underwear.

With this type of underwear and by learning more, you'll see that testicles can move. They have mobility, and the underwear can help in many ways, allowing the testicles to move and avoid direct blows.

The testicles are in a small sac; they aren't that big. They're in a discreet place where they aren't visibly exposed to attack, just like the head.

The testicles should be positioned slightly higher in tight underwear to feel more protected, allowing them to move upward and tuck in.

The truth is that some men are afraid of kicks to the groin because it's an extremely violent act—just like police brutality where officers break their batons and cause bruises on the heads of protesters demonstrating in the streets. There are police officers who break their batons on people's heads or fire rubber bullets, and that is extreme violence. I remember a woman who ended up with a head injury and lost an eye due to a contusion caused by a rubber bullet. A kick to the groin is the same thing—it's that level of violence; it's something that causes bruising if done violently, by the kind of person who enjoys extreme violence—like a police officer who enjoys being extremely violent toward protesters.

Ballbusting is risky because men tend to overdo it and end up with swollen testicles; they have to drink water, go for a walk, and relax to get their blood circulating so the testicles can go down after a few minutes. After about a 30-minute walk, they'll start to deflate and go down. When the testicles are severely swollen and look like a hard, fully inflated tire, and after a 30-minute walk, the testicles will start to feel a little softer and more pliable—in other words, the swelling will subside.

This shows that getting hit in the groin is dangerous, since the testicles can't withstand that much damage—they can easily be injured and swell, and this is a sign of physical injury that must be stopped immediately, as soon as you notice they're getting swollen.

The testicles are organs that are beyond our control, and this always creates a sense of insecurity. For example, if you take a blow that affects an internal organ, it always causes insecurity, because it's not a minor external blow—it's a blow to an organ, not to the leg, which contains no organs. That's why it will always create insecurity: it's an organ, not a minor blow to the leg. any organ that is struck will always cause more anxiety than the leg, where there are no vital organs such as the testicles, stomach, kidneys, etc.

It creates anxiety because you don't have total control, and that creates anxiety—you're afraid of ending up with serious injuries.

The testicles will always cause insecurity, because you'll never feel fully in control—this isn't a video game where you die and respawn. In real life, you die, and that's it.

The mainstream media promotes the idea that men are always weak and portrays women as always strong and good at fighting. They want to convey the image of weak, spineless men and strong women skilled in martial arts. There's a lot of advertising, subliminal messaging, and behavioral conditioning.

I watched a video of girls fighting, and I saw one woman hit another who was weaker—and it really wasn't as sophisticated a fight as the lies on Netflix make it out to be.

The mainstream media will always disparage men who do something wrong or despicable, and online, it exploits people's insecurities to gain views and generate revenue.

Since your mind is already infected, what you can do is seek self-control, avoid acting on your first impulse, and also look for better thoughts, good alternative media, and quality content. Play children's and teen games like Pokémon, where there's no heavy negativity—positive things to balance out the heavier stuff, so you don't get fixated on just one thing. Try to engage in sports, go to bars, travel, enjoy leisure activities, take courses, practice Ho'oponopono, go to therapy, etc., to balance lighter things with heavier ones, so you don't get fixated on "ballbust"—because it would be harmful to keep looking at just one thing on the internet; learn to vary your tastes, interests, hobbies, etc.

The game *The Witcher: Enhanced Edition* features a more respectful groin attack scene during a martial arts fight, because it's a more technical martial arts game—not some mindless mainstream movie. There's a difference between a hate-filled mainstream movie and a purely martial arts film.

The testicles are outside the body, which creates a sense of vulnerability, but you have to understand that the testicles are mobile and can move to avoid more direct blows.

Wearing two pairs of tight underwear helps a lot; it keeps the scrotum higher up, and the testicles rise more easily.

You need to learn to deal with the insecurity surrounding your testicles—they aren't under your direct control, but they are mobile.

You have to be aware that your testicles can move and rise upward—they're mobile.

This kind of information is for you to study and test out, to experiment with—not by practicing ballbusting, but by practicing self-awareness. Because there are many men who feel very insecure because their testicles are hanging out, and this causes a lot of insecurity, fear, and a sense of lack of control. They only feel better once they understand how to deal with it.

This kind of content here is valuable because the mainstream media has planted doubts in people's minds, and this has really messed with their heads—which is why this kind of content is so important.

You have to understand that the mainstream media engages in manipulation, propaganda, ideology, and so on. It has planted the idea that men feel pain because they have testicles, and women don't feel pain because they don't have testicles. What confuses people who don't understand science is that a woman's body also feels pain and can get injured in the groin, because she is human—she has sensitivity, vulnerability, humanity, limitations, and so on—she is normal. Pain in the groin feels practically the same for both sexes, because both have limited bodies that can get hurt and feel pain if they take too many blows to the groin.

But in these mainstream movies (even those without superpowers), women are portrayed as if they were robots: relentless, tough, cold, rude, super strong, and violent—and she's beating up everyone. This conveys an image of women as robots rather than as humans.

The testicles hang outside the body, but one thing people don't realize is that they're loose and can move, making direct blows difficult; they can also move and rise closer to the abdomen when wearing tight underwear—this is the secret of the martial art that allows one to withstand occasional blows to the testicles, which is hard to understand how it's even possible.

Knowing how to cultivate an awareness of this understanding, knowing how to manage the testicles—that feeling of being very exposed—often means the kick won't land directly, because the testicles are loose. Despite this feeling of exposure, the testicles are loose and can move to avoid strikes; even though they give the impression of being exposed, the testicles are loose and can move, and tight underwear helps them stay in place.

Also, the testicles can be grabbed, which also creates this feeling of exposure and vulnerability, but generally, if you're wearing tight underwear, you'll also feel more protected.

This feeling of fear regarding the exposure and vulnerability of the testicles needs to be acknowledged and understood in order to know how to deal with it. Because this feeling of exposure and vulnerability will always be there, but by knowing your body and wearing two pairs of small-sized adult underwear, you'll have more protection. If you understand how your body works, you'll know how to deal with it—with an understanding of your body and its healthy limits, knowing how much it can endure without significant harm.

Women use pads and padded bras, all with a layer of thick cotton fabric. Yet men forget to wear two pairs of small underwear, which would provide better protection than just one pair—especially without the self-awareness needed to know how to wear two pairs of small, snug-fitting underwear that are designed to offer better protection.

Chapter 5: Sex

ABOUT SEX

You'll always feel the urge to have sex or masturbate after a few weeks or months—that's natural for a man's body.

Ballbusting is a form of pornography that is more sexually arousing and

addictive than regular pornography.

You're human, and you'll always feel the urge for sex; you might even become addicted to porn, and ballbusting is more addictive than regular porn.

Learn to have a healthy sex life—whether you're having regular sex or want to try something different. Know your limits; have the decency not to do it in public, avoid using profanity, and be polite during sex. Even if you're engaging in ballbusting, it must be done with respect and only between you and your girlfriend—not with everyone—so it doesn't turn into sleaziness and a lack of refinement.

You have to learn to have sex in a more civilized way—with or without ballbusting—and do it in a more refined, polite, modest, and respectful manner, etc.

You have to have sex with more love and not just like animals—thinking like an animal but still behaving like one.

It's one thing to have sex with a prostitute, but to have sex with a normal woman who looks ordinary and still love her—not just have sex—that's

harder, but it's mentally healthy. You can even do some light, playful ballbusting with her, just to get an initial erection.

But then you have to stop and try to have sex with more love—not just sex driven by sexual attraction without love, like animals.

Stop and observe the way you have sex; avoid having sex just for looks or just for a fetish. You have to love more—you can even have some fetishes, like a beautiful woman or nice clothes, etc.—but you have to love more. Otherwise, you'll act worse than an animal, because an animal only has instinct. You'll have instinct, and I'll be hedonistic, passionate, lustful, etc. And you'll forget about love, friendship, respect, etc., in sex—which are more important and better.

There are certain fetishes that are best used only to achieve an initial erection and not to act worse than an animal.

If you want to do ballbusting, do it just to get aroused, without malice, because in the mainstream media it's all about malice, and there's also a lot of trashy stuff on the internet.

If you want to do ballbusting, know that the testicles are an erogenous zone; that's why men get aroused by multiple kicks to the testicles—because it massages them, arouses them, causes an erection, and builds excitement for sex.

And pulling on the testicles while alternating with kicks are two techniques for stimulating the testicles, without having to repeat the cruelty of mainstream media or the trashy content found online, because there's a lot of information on the internet, and you have to know how to select and sift through it, because there are ballbust videos online that are actually good for getting an erection and arousal for sex, but there's also ballbust content online that's no good, like the jerk who creates brutal, malicious, and degrading images. It shows women taking revenge on men

for gratuitous violence, disparaging men as if they were rapists or muggers, because most men are good people who don't want to do anything bad—they just want sex—but without resorting to the kind of cruelty that this scoundrel creates in his content.

In ballbusting, you can switch between getting kicked and having your testicles pulled to get aroused—but without repeating the malice of the mainstream media and content creators like Knave!

You can practice ballbust without malice—just as a fetish—without repeating the mistakes of the mainstream media and content creators who disparage and destroy the image of the good, hardworking man who doesn't rape or assault women, etc.

It is possible to practice ballbusting, as I said, by kicking and pulling on the testicles solely for sexual arousal within a serious relationship or alone—but without repeating the malicious acts of the mainstream media, which involve disparagement, revenge, and hatred toward men.

You have to understand that once you get past a certain age, you no longer have orgasms like you did in your teens, so you end up having to do other things; you start finding other ways to channel that sexual energy, different from when you were a teenager—back then, just seeing a naked body was enough, but now you need something more, like fetishes.

Don't get addicted to having sex every week; instead, accept that you won't have it every week—maybe every other week, or after a few days, or every 15 days, every two weeks, and so on. Because it's bad to masturbate on consecutive days, and also, don't get addicted to having

erections; get used to going many days without even having one. It's not good to get addicted to having erections, masturbating, and intense sexual arousal. Get used to having days when you think little or almost nothing about it, and the day goes by without you masturbating or even having an erection—because you're busy with other tasks and not seeking sexual pleasure every week. Get used to not wanting to feel that sexual potency every day, but rather after a few weeks, in a controlled way.

You shouldn't do ballbust on consecutive days or every day; instead, do it after at least a week of rest—or after 15 days—because your body needs to recover from the excess adrenaline and detox the adrenaline built up in your body.

If you're going to masturbate, you have to take breaks to urinate, because urine gets in the way—it makes it harder to hold back ejaculation—and if you masturbate, you have to hold back and avoid ejaculating. And learn to masturbate without ejaculating. It's not good to ejaculate too often, because that drains a lot of energy; it's best to do it rarely and as little as possible. You should masturbate with seminal retention.

The truth about testicular torsion is that the testicles twisting and turning usually doesn't happen because it's related to genetics, predisposition, etc., and not because of a kick, punch, or blow.

Testicular torsion is caused by a genetic predisposition, not by taking a blow, since only those born with this genetic predisposition are prone to testicular torsion—not those who've been hit. It might be scary to think about torsion, but torsion is genetic—the testicle is already genetically predisposed to it. And for those who get hit but don't experience torsion, it's because their testicles simply won't twist, and it's never going to happen anyway. It's only those with the genetic predisposition who should be more careful about twisted testicles and testicular torsion.

One thing I've noticed is that orgasms gradually lose intensity, becoming weaker and not as intense as they were during those first masturbation sessions in adolescence.

In adulthood, after your early 20s—between the ages of 20 and 29—you should ideally learn to forgo orgasm and ejaculation, and use a condom when masturbating.

As you're becoming an adult, you know you can't engage in as much masturbation, ejaculation, and orgasm as you did when you were 13, 14, or 15 years old. As an adult, you realize that it's very important to practice sexual self-control—masturbating less, delaying ejaculation with a condom, and avoiding orgasm—enjoying only the sensory pleasure of masturbation, without orgasm or ejaculation. Because ejaculation and orgasm are exclusive to teenagers; adults must exercise self-control so as not to waste resources and energy—which, during adolescence before age 21, weren't in short supply— but once you're over 21, 30, or 40, you realize that if you masturbate the same way you did during your teenage binges, you'll lose resources and both physical and subtle energies—which weren't an issue in adolescence because you had so much energy, but as an adult, while you still have energy, it's not as excessive or boundless as it was when you were a teenager.

You can masturbate, but you have to do it rationally, avoiding ejaculation and orgasm by using a condom, and finding satisfaction solely in the sensory experience—knowing that you're no longer spilling energy excessively as you did in adolescence. You're still young and have energy, but you've already realized that you'll never again in your life experience orgasms as intense as those first few times in adolescence. You're not getting old; it's just that during adolescence, people go through puberty. As adults, the body stabilizes. That's why you should avoid ejaculation and orgasm while masturbating—only teenagers going through puberty ejaculate and orgasm right away during masturbation.

I realize that when men are online, they're unconsciously observing and analyzing other men's girlfriends or prostitutes on the internet as a way to look for a sexual partner with whom they can have a romantic relationship in the future—a woman they find beautiful, friendly, interesting, compatible, etc., for a romantic relationship.

I saw a woman online—a white woman, petite, slim, and young, though she didn't have much of a bust or butt, but she was beautiful nonetheless. I ended up analyzing her sexually, and I see this as a factor in my search for a woman similar to her on a dating site. Porn and similar videos also serve as a means of analyzing and observing women.

I've seen several women on porn sites online, and I realize that I might be attracted to a specific woman and look for someone with a similar personality, similar appearance, and similar interests—similar things, similar affinities, etc. And by having common interests and tastes, I can choose what this relationship will become: whether it's an open relationship for casual hookups, whether it's just a friendship based on shared interests, or if it's meant to be a committed, stable relationship.

Chapter 6: Health

Masturbation affects the brain and can lead to addiction. Ejaculating drains your energy and will make you feel sluggish for a week.

Take care of your health, so avoid ejaculating frequently; when having sex, hold back ejaculation and find pleasure only in the act itself, not in ejaculating, because ejaculation will cost you dearly and drain your body of chi and prana.

If you want to last longer, you have to practice intermittent fasting to give your body time to recover from the damage it has suffered, since fasting has anti-inflammatory effects and helps repair micro-hematomas in the testicles.

Know that it’s not possible to apply all the techniques and physical exercises you want to do, because there’s just too much to do and it requires a lot of dedication.

The best approach is to do less, but focus on the most important things and do them well.

Set aside some time to lie down in bed and try to pull your testicles upward; try to pull both of them up using the strength of your groin muscles, and then, immediately afterward, contract the muscle around your anus. By contracting your testicles and then your anus for about 3, 5, 8, or 10 seconds, you’ll improve your genital health.

Take some time to do Kegel exercises for your testicles.

Set aside some time to gently massage your testicles for about 2 minutes, just to increase circulation and your awareness of the testicles as they extend outside the body.

In addition to setting aside time for walking, weight training, etc.

Try to do this a few times a week, though it's a lot to manage and you might not have the time—there are other things to do, and you can't dedicate too much time to it.

For example: some people go to the gym and work out sometimes only once a week because they have to manage their time and find a window to get some physical exercise. Try to do it more often during the week, but I know men have a lot on their plates and distractions, and it's not possible to become a martial arts monk.

Because you have to balance various things in life, and there are things you'll only do once or a few times a week for a set amount of time—doing a little exercise in the groin area and then having time for other things like studying, working, gaming, etc.

So try to set aside at least 3 minutes to do the most important thing, which is to do a few Kegels and squeeze all the muscles in your groin for 5 seconds a few times—it'll take very little time out of your day, and you can fit it in alongside other aspects of your life.

Don't waste too much time on exercise; the most important thing is to contract and hold the muscles in your groin—around your testicles and anus—to improve ejaculatory control, and do a few Kegel exercises as if they were a quick at-home workout for just a few minutes, so you can do this casually from time to time.

You don't need much; the most important thing is to wear two pairs of tight underwear.

Our society has instilled the idea that a man has to be a “superman.” But that’s a cultural myth. Men are neither superior nor inferior—they’re simply different. Men’s biology is more geared toward physical labor, while women’s biology is more suited to smaller tasks.

They’ve trivialized a kick to the groin, and there’s no caution, respect, empathy, or consideration—etc.—to avoid going too far and ending up using excessive violence.

In general, many people have this mindset: the trivialization of violence. They think exaggeration, excess, and so on are normal. And they don’t realize that we have to show care, respect, empathy, and so on toward others, just as we want to be respected.

But human beings want to be respected, yet they don’t respect others. They haven’t yet become aware of this—the mindset of wanting to be respected but failing to respect others. She doesn’t want him to go overboard with her, but she goes overboard with others. She doesn’t want him to disrespect her, no matter how minor the offense, but she doesn’t care about being careful with a man’s groin.

Chapter 7: NoFap

NOFAP

The more porn you watch, the more you crave it. And the more addicted to porn you become.

You have to learn to avoid porn and have physical sex with normal women—or practice NoFap.

Don't masturbate to porn actresses you see online, because it will condition your body to only watch porn and have sex only with prostitutes, not with normal women.

It's better to practice NoFap than to be addicted to Ballbusting porn. Because that addicts your mind and body to the wrong things.

There are healthier ways to express your sexuality. You don't need to be addicted to sexual adrenaline; it's not good to be addicted to cortisol, stress, and adrenaline during sex. You can still do it, but in moderation and with balance.

The body only reaches orgasm through ejaculation, but it's best not to ejaculate too often—only do it when necessary. Because when you ejaculate, you lose a lot of sperm, and it takes time to replenish it; it's not healthy to ejaculate constantly—only do it when necessary for procreation.

Nurture things that are good for yourself and for others as well. Even if it doesn't cause that much harm, it's not mentally healthy, since there isn't much love involved—it's more like hardcore smut—and it's not something lighthearted like regular hentai. Some people watch very extreme content;

if you want to try ballbusting, it has to be something light—both mentally and physically.

Over time, try to arouse yourself in a healthier way and cultivate lighter, mentally healthier emotions. Stop feeding that ego fueled by fear, excitement, and adrenaline, as well as negative egos that harbor hatred toward those who are hitting you out of hatred, so you don't tune into that negative frequency.

Whether it's consensual or motivated by hatred, don't create egos of hatred toward yourself or toward others because of this kind of physical violence.

The problem with masturbation is ejaculation and excessive physical and mental stimulation. And this can leave you exhausted all day long, only to recover the next day or week.

The problem isn't masturbating; the problem is ejaculating or getting close to it and feeling like you've ejaculated, making it impossible to continue masturbating, because ejaculation causes a loss of vital energy. Watching porn isn't good either, because it trains your brain to only become sexually aroused by watching porn, and you become addicted to getting aroused only through porn—and that isn't good either.

The best thing to do is not to get addicted to porn and to masturbate without porn and without ejaculating—just get an erection and experiment a little, but without ejaculating or even coming close to ejaculating. In other words, you can experiment, but it's best to avoid ejaculating and getting addicted to porn, because it makes you dependent on getting sexually aroused only through it.

So don’t keep masturbating while watching porn; go without masturbating for weeks, and when you have an erection, just experiment without watching porn and without finishing—just experiment, go only halfway, then stop and leave it at that.

The truth is that masturbation isn’t exactly healthy, but it’s necessary when you’re young, to get to know yourself; however, as an adult, you need to have more self-control, wisdom, discernment, etc.

Just get an erection and experiment a little—nothing excessive.

Pornography harms not only the brain but also a man’s very soul.

Ballbusting can lead to addiction; it requires a strong act of willpower. Be aware that it’s harmful, or practice it in a more balanced way—without going overboard, without letting your ego get in the way, and without becoming addicted. And don’t be addicted to anything else, either.

Pornography isn’t going to stop—you’re the one who has to stop.

Accept that others are at a different stage of evolution

; each person is at a different stage of evolution—some are still addicted to porn, while others

have already moved on and are more mature, improving spiritually and mentally.

After about three months without porn, you’ll see that you already have self-control. And you have to control your erections—just test the waters, but don’t overdo it; just a little, because it’s a natural part of the human body.

Masturbating without pornography is already a start toward not being addicted to anything; you can even do something light with your girlfriend, but without addictions and without going overboard.

It's already a change to stop getting aroused by images and videos and instead get aroused only by your own body and imagination; masturbating without porn is the beginning of mental and physical health.

Have an erection only once a month, and sometimes only when you wake up and have a morning erection, but don't go looking for erections or turn to porn for that. Because that will train your brain the wrong way—not the right way, which is to practice nofap or masturbate without porn—so as not to make your brain addicted.

It's hard to stop watching ballbusting because it's more arousing than regular porn; it provides more sexual excitement to the ego and more sexual stimulation to the physical body and the ego than regular porn. If you want to watch it, do so in a more balanced and respectful way, not with an ego driven by a desire to be an extremist or violent.

There's no need to keep counting days—whether you've gone, say, 1, 6, or 12 months without masturbating, you don't need to keep track of that. Instead, know that your penis is simply dormant, not aroused—but if you want, you can get yourself aroused at any time, with or without porn, by massaging and lightly slapping your testicles, rubbing your penis with your hand, masturbating, and jerking off.

You don't need to watch pornography or masturbate. You don't need to keep testing yourself to see if you have an erection, but if you want to, just get aroused and then stop.

This is just a self-awareness test to see if you can get aroused without porn, just by touching your testicles and penis. But it's not good to be addicted to masturbation, much less porn!

Don’t get addicted or even think about when you’re going to masturbate, even if months go by. Just having an erection is enough—you don’t need to masturbate. Just having an erection is proof that you can have sex. You don’t need to test yourself by masturbating. That’s self-control over the ego. You can test it a little, but without going overboard and with balance.

You don’t need to get aroused quickly like in porn; sexual arousal can take longer than with porn, which is very fast and fast-food-like. Get used to being relaxed, comfortable, and secure, and trust yourself or your girlfriend when having sex. And don’t keep trying to get a quick erection by watching porn on the internet.

Get used to taking it slow, not rushing. Be slow, relaxed, comfortable, secure, and confident. And it takes time to have sex this way. And to win over a girlfriend like this, it’ll take a few months—not like a prostitute at a nightclub, who gets you aroused quickly and has sex quickly. But it’s a destructive addiction of the ego.

Without porn, you can get aroused in 2 to 10 minutes by gently patting, massaging, and pulling on your testicles. Slowly stroking your penis with your hand will help you get an erection without porn.

But with porn, arousal is instantaneous, because you get tense from the images and videos on the internet and experience rapid sexual arousal—something fast that will make you addicted to porn, just like a drug.

Erotic desire fueled by porn is addictive and arouses you quickly; without porn, it takes longer, but it’s mentally healthier not to become addicted. You can even watch porn, but without getting hooked. Because it’s hard to browse the internet without coming across something addictive. The internet is full of addictions.

The testicles are an erogenous zone. Stimulating them with light, rapid taps causes an erection; you can masturbate and ejaculate on your own—just you and your testicles, without any porn at all.

This shows that taking blows to the testicles generates sexual arousal, because they're an erogenous zone—a source of arousal—leading to an erection, masturbation, and ejaculation.

So avoid watching ballbusting, as it's not necessary for masturbation or sex. Just receiving several light, rapid punches is enough to arouse the testicles and lead to an erection and ejaculation.

So avoid ballbusting—it's unnecessary. It's just a manifestation of lustful ego, making you addicted to having sex only while watching addictive sexual images. It hooks you on porn videos, and you can't even get an erection during real sex without watching those videos; you become addicted to porn. You can still watch it, but without getting addicted—instead, practice it in a more educated way, not something violent or addictive.

You need to be consistent about abstaining from porn and masturbation; if you can't manage that, masturbate without porn once a week for 15 or 30 days.

You need the discipline to browse the internet every day without looking at pornography; it requires discipline and consistency to achieve long-term results. You must think long-term and be patient.

Avoid stress

Watching pornography can make you tense, and watching ballbusting will make you even more tense than usual—which is yet another reason not to watch it, since it puts a lot of stress on your mind and spirit.

You become very stressed, anxious, agitated, nervous, and tense, and this can lead to illness due to the excess and nervousness caused by stress.

Avoiding masturbation is mainly to prevent the loss of chi energy, and avoiding pornography is because it addictively stimulates the brain and fuels the ego of lust, both of which are harmful. Becoming addicted is not good; it's better to vary your activities and avoid addiction, as it harms both the mind and body.

Masturbation alone, without pornography, can affect you, and with pornography, it will affect you 100%—or 100 times more. You have to practice it in moderation to avoid developing an addiction.

Control the muscles of your anus and penis; don't watch porn or masturbate—instead, when you urinate, control the muscles of your penis; this will help with controlling premature ejaculation. Stop watching porn, then masturbate without it.

And then just contract your anus as you would when urinating. That way, when you need to have real sex, you won't have trouble getting an erection without porn, and you won't have a problem with premature ejaculation.

Masturbating without pornography is a step forward in personal development.

Then get used to masturbating on a set schedule—once a week or once a month.

Until you quit porn altogether and practice NoFap without porn or masturbation.

You'll only get an erection just to test it out, and then you'll go back to normal.

The testicles are an erogenous zone (an area of the body that can be sexually aroused), so you can get aroused and masturbate without any porn at all.

Just by slapping and massaging your testicles, you can even ejaculate, because your body interprets it as if it were sex.

That's already an excellent start to quitting porn, so that only after a few months you can quit masturbation—or at least cut back significantly.

It's like climbing a staircase, one step at a time. I think you can quit porn and masturbate just by slapping your testicles. That's already a major victory against porn addiction. And then, as the months go by—about three months—you'll be able to kick the masturbation habit, but first you have to break the porn addiction! It's one step at a time! First porn, then masturbation, and then you'll achieve NoFap, but to do that you have to improve your lifestyle: eat more natural foods, exercise, join a religious group, a club, or a sports team, etc.

Nofap for reflection...

It's no use trying to do NoFap overnight; instead, focus on self-observation, self-control, and greater discipline, etc.

Keep a document on your laptop with notes about your NoFap journal; mark the days you watched porn and track how long you can go without it.

Keep observing yourself, because this isn't easy to do—you're abstaining from sex, and your body wants you to ejaculate, since nature has programmed us to either have sex with women or masturbate while looking at images.

Our bodies were built with the genes for sex, especially men's, so it's not easy to stop overnight. This requires tapering off gradually and managing yourself.

And it's no use trying to stop having an erection when you don't want one—that's not normal; we're not robots that can be turned on and off at will.

There are several factors that influence our desire to have sex: some stem from our genetic predisposition, others from our ego, and still others from spending time online exposed to such content—whether we want to or not—and so on.

It's no use wanting to never have an erection again and then, when you're dating, having one—it doesn't work that way. You can't control your body; it has a mind of its own. If you go too long without sex, you tend to forget about it and have fewer erections because your body isn't "trained" for it. But if you watch porn once or twice a month, your body gets more used to having erections after a while.

I'm talking about getting an erection when you wake up or when you're relaxed—that happens. It's normal. Trying to control it too much isn't normal, because our bodies aren't robots capable of that much discipline.

But it's possible to get an erection—to stimulate yourself a little, without masturbating or watching porn—just to have an erection and do a quick one-minute test to see if everything's working properly.

Because that's how the body works—it's normal to get an erection if you examine your penis to see how it's doing and do a test. We aren't robots; only a robot presses a button to raise the penis and presses the button again to lower it.

The human body requires at least some testing—getting an erection, relaxing, examining the penis, observing, etc.—only a robot does everything in a robotic manner. Human beings are different; we're not robots.

NoFap is something that can be practiced in moderation, but you shouldn't get too stressed out about it—the goal is to have more self-control.

Channel that motivation into other things in life; practice NoFap so you don't become addicted to porn and end up doing it every week. Etc.

You can keep a log, like a NoFap journal, to track how many weeks or months you've gone without it, how many hours you spent watching, how intense it was, what you watched, what you did, what you thought, how you felt, etc.

You can note, for example, that you relapsed in January, went two months without, and didn't start fapping again until March. The goal isn't to become a robot, but rather to gain more self-control and motivation—so that you can simply have an erection and observe your penis, touch it a little without masturbating too much, just touching it a little to self-observe, etc.

And don't want to become a robot—instead, aim to gain more self-awareness of your body and have more motivation to lead a healthier life.

It's not about having robotic discipline, but rather about having self-awareness and knowing how to manage things wisely without becoming robotic like a machine.

You can experiment a bit without going completely without, and also avoid going to the extreme of not even getting an erection—find your balance, common sense, wisdom, etc.

You can experiment without going overboard and for a short time, but without overdoing it by watching porn; find a balance between having an erection and experimenting without masturbating to porn—instead, just experiment without watching anything if possible. But you have to

experiment a little without overdoing it and without never experimenting at all; find your balance.

It's not about suddenly stopping watching porn, but rather doing so gradually, while self-observing and managing your thoughts and feelings. It's not about deleting porn entirely, but rather putting it in folder after folder to make access more difficult, and trying to exercise more self-control. Start managing yourself and do something that makes you feel satisfied with life—which doesn't mean stopping completely, but watching less porn and having more self-control. After that, you can decide whether or not to stop over time by developing good habits.

The path is the middle way—balance. Practice self-observation and self-management, and learn how to control your mind and body without being overly strict with yourself—without excessive discipline—but rather by maintaining discipline without going to extremes. That means managing yourself better: if you do fap, let it be after a few weeks and not so frequently—that's a lack of control over your body and mind—and instead, do it in a balanced, well-managed, controlled, and wise way.

Not being addicted—but perhaps masturbating once in a while in a balanced way—doesn't lead to addiction. And even so, you can just test the waters a little without going overboard, with balance, and without it becoming an addiction—just sporadically from time to time, just to test the waters a little. Only you can know what your personal balance is—so you don't live in addiction but rather with balance, finding your own balance in life, without the extremity of never masturbating and also without the addiction of masturbating too much.

NoFap will transform you into a man in control—with self-control over both mind and body.

You have to strike a balance. Some people say you should close porn pop-ups, block porn banners, and close tabs if there's anything pornographic on a website, etc. That's extremism—there's no way to browse the internet without seeing anything; instead, try not to look, but don't go overboard avoiding it, because that just leads to extremism. It's impossible to avoid seeing any porn at all. The internet is full of porn, and when you browse websites with a plugin like SnapLink and open multiple pages at the same time, you'll end up seeing some pornographic content unintentionally. Don't try to control yourself to the extreme—because we're not robots—but rather maintain self-control, not robotic or extreme self-control.

It’s okay to watch porn, have an erection, and experiment a little. The secret lies in self-control through awareness—not in being too robotic—because it’s normal to have spontaneous erections in the morning or late at night after a few weeks; that’s normal—we’re animals, not robots. What you can do is manage yourself and practice self-care for your body. Keep observing yourself and strive to better manage your body and mind.

And don’t try to impose a forced, robotic discipline like the guys on NoFap preach.

Don’t follow a robotic discipline; instead, observe your own body more closely, keep observing and analyzing yourself. I’ve noticed that at night I get sleepy, but if I watch porn, I get agitated and lose sleep or have trouble falling asleep.

And during the day, if I watch porn, I don’t have insomnia at night because during the day I masturbated in a balanced way and exercised, which released the stress caused by the porn, and I’ll be able to feel sleepy at night because I exercised in a balanced way during the day, which released the stress and will help me fall asleep at night.

NoFap is about self-awareness, moderation, self-observation, self-control, etc.—not about stopping completely like a robot. We aren’t robots; we have ups and downs and relapses because we’re human, not robots.

Nofap should be practiced with self-awareness, not robotic discipline. You can go a few months without masturbating or watching porn, but with balance—so you don’t stop having erections, stop testing your erections, or stop touching your genitals, etc.—and you can even masturbate, but with balance as well.

So try to find your balance and establish a routine you can manage—without going overboard with nofap and without going overboard with

masturbation either. You have to find your balance in personal development.

Avoid following gurus who say you should even close the browser tab if a pornographic banner ad pops up—telling you to close the page is going too far. Just ignore the image and read only the text.

You have to find your own balance, based on your stage of life and your own personal development.

When you go a month or more without watching porn, you realize that the habit of watching porn every week is just a physical pleasure. It's like chocolate—you can buy a bar of chocolate at a store every week or go months without eating any. In other words, sex is a physical pleasure; you can go months without sex if you want to. It's just like chocolate.

You can go months without it, then come back and just have an erection and experiment a little, but you can also go without it or do it less and go a long time without it. But the most important thing is to observe yourself…

Try to practice a more balanced approach to NoFap. For example, you can go a few months without porn or masturbation, but if you have an erection—and there's nothing wrong with having an erection— it's a natural bodily function, and you can experiment a little without necessarily spending hours at it—just try it for 5, 10, or 15 minutes, just to test it out a bit, because you're not a robot. You need to have a day like that after months of sticking to your routine, too, because we aren't robots that always act the same way without any ups and downs, You're a human being; you can masturbate a little—about 10 minutes—just to test and exercise your penis after months of NoFap. It's not about going for an

hour, but just a few minutes, just to test it out a bit. You can do it without porn, just to test it out a little, but don't overdo the testing. This can be mentally healthy, whereas acting like a robot is mentally unhealthy.

Practice a balanced, non-robotic NoFap—there has to be a balance. You can go a few weeks or months without masturbating, but don't stop being human, because someone who acts in a very disciplined way is like a machine; humans have ups and downs. A human isn't robotic—they have fluctuations; they might end up getting an erection and testing things out a bit. That's normal, because that's human. Now, practicing NoFap in a way that never allows for any fluctuations can be too robotic; you need to find a level of discipline that isn't so rigid and that doesn't put too much strain on your body. Having wet dreams, getting erections, or experimenting a little, etc., is normal—just avoid ejaculating and spending too much time masturbating. Find your balance and what you feel is mentally healthier. As I said before, avoid looking at images; if you want to watch something, watch videos of people just having fun, not disturbing, mentally unhealthy content like "Knave Ballbust" that promotes revenge, violence, discrimination against men, and the degradation of men, etc. Videos are better because you can see these important details more clearly, and they're mentally healthier if you want to watch that kind of content. When it comes to masturbation, the goal is to have a healthier mind, and if you do want to masturbate, do it with something that's mentally healthier and without ejaculating—that is, hold back ejaculation.

It's also healthier to masturbate only after about 3 weeks or a few months—on a weekend after months of abstinence—just to observe yourself, just to test it out and see how you feel. That's more balanced.

Without the extremes of robotic nofap and hedonism every single week.

Masturbating without porn might be the best option for those who want to try it out a little after a few months, because some NoFap guys say they can even masturbate, but advise against watching porn. If you want, you

can even masturbate, but avoid porn, because porn is harmful to the mind, brain, and heart. There are men who practice NoFap and say it's better to masturbate without porn—it's mentally healthier—and to hold back ejaculation to be physically healthier, to avoid losing semen, because 1 drop of semen is like 40 drops of blood. In other words, you lose a lot of energy when you ejaculate. And it's really only good for making a baby—so abstain from orgasm and pornography when you masturbate after several months.

Don't go overboard on something you find too tasty—it's the same with ballbusting: you end up finding it too stimulating and end up doing it just because you saw it; you can't look at it and not do it, because you've gone weeks without masturbating and will end up getting an erection easily, since you've gone so long without fapping—that's just how it is; it's the body's energy and fluids. You're full of energy and well-rested; you'll end up masturbating after weeks without seeing any porn—it's a bodily response. Your body will give you a stronger sensation and a stronger erection, and you'll end up masturbating.

Our body has a cycle; just as we can't stop thinking, we won't be able to turn sexual emotions and sexual energy on and off—it's something that comes and goes. Whoever created this body doesn't want us to stop thinking, doesn't want us to stop thinking about sex, and doesn't want us to take a break from thinking about and having sex. Our body is like that of an animal, except with thoughts and reasoning. We're the ones who have to use our reasoning to better manage our bodies—it's not about stopping "fap," but rather using our reasoning to resist the body's urge to keep doing it constantly, which is the animal body's natural inclination. But we have thoughts and reasoning; we have a part of us that's superior to the

animal part, and that's why we can control when we have sex, eat, sleep, urinate, etc.

Our body was made for one thing, but our mind for another; that's why most of the time we feel bad after masturbating, because the body's tendency is one thing, and that of our reasoning is another.

It's like trying to control an animal with rational thought.

Every time you watch porn, you feel bad afterward, because deep down you know it's an addiction and isn't that healthy—but that doesn't mean you can't watch it; it just means it isn't all that good.

It's not that wrong, but it's not that right either. It's just an experience...

You can masturbate, but only after weeks have passed—not like when you're a teenager who's still discovering yourself. That's the difference between an adult and a teenager.

Things have to be done in moderation; it's not about doing everything that gives you pleasure, but rather about moderating, balancing, exercising self-control, and observing yourself to see what's going on in your brain, body, and mind. And that's harder to achieve through NoFap alone.

Don't get addicted to porn. Some men watch it very frequently. It's always a good idea to cut back on how often you watch porn. If you don't want to stop completely, it's best to reduce the frequency—to once a week, every

15 days, once a month, or even every 2 or 3 months—and not keep doing it three times a week, because that's too much.

Ballbust is only harmful when it starts to become an addiction or compulsion, and you're neglecting your studies, work, exercise, and social life because of it. Because it's becoming an addiction, and that will turn into a harmful, destructive habit—not just a positive addition to your life.

The important thing isn't to be perfect, but to never give up on NoFap—in other words, avoid watching porn every day or every week, and learn to control yourself even if you have relapses.

It's like reading a difficult book: even if you don't learn everything about a topic or subject, never give up on becoming an expert in an area of life.

What I mean is, never give up because of the frustration of having a relapse or feeling like you're not good enough.

Because you'll never be perfect; instead, focus on always learning—even if you don't get top grades—and always maintaining self-control even when you have relapses. That's normal; what isn't normal is giving up and completely giving in. And yes, it's okay to have relapses with NoFap and then get back on track with self-control and go without fapping for a few weeks.

And when it comes to your studies, if you're not learning, try taking another course, reading a book, watching a video, etc., by a different author on the same topic. The important thing isn't to be perfect, but to never give up on self-control and to seek balance in your life.

It's about having the feeling that you're in control of your body—not just being an animal that follows every physical urge without managing, controlling, and balancing yourself—because managing yourself means

thinking and rethinking whether you're in control of your life, whether you're managing your life, whether you're staying stable, and so on.

Excessive porn consumption can lead to addiction, and that's what's harmful—you end up neglecting healthy activities in life, such as going out for walks, exercising, playing sports, etc. When it becomes an addiction, it becomes detrimental to your mental health.

You're mentally unwell when you stop socializing, working, studying, and taking care of your physical health. It's the same with TikTok—there are people who spend the whole day on it and do nothing else in life, and that's what's bad and harmful to mental health.

When you masturbate, you feel a little detached from reality, so you need to go outside for a 20-minute walk or longer to start coming back to reality and relieve stress from your body. That's why you should go for a walk—preferably on foot in sneakers—around your neighborhood for about 20, 30, or 60 minutes to take your mind off things and relax. You can go to deserted streets, bike paths, parks, roads, etc.—any place where you can go for a walk.

Here's the thing about masturbation: when you feel like you're addicted, it's hurting you in other areas of your life, or you're acting like an animal—these are three signs you need to recognize to gain control. For example:

you might go out at night and have sex with two sex workers, but that's animalistic behavior. You can watch porn every day, but that's being addicted. And if you feel like you're neglecting other productive things in life, it's hurting you. These are the three things you should avoid, because it's unhealthy to be like that.

The tendency after a while is to start watching again; if you keep giving in, you'll naturally end up masturbating. That's why you have to watch yourself and stay in control. I realize that masturbation is like eating—if you give in, you'll always want more. You have to be careful not to let it become an addiction, because like any other addiction, it's bad.

I've realized that if you buy a chocolate bar and eat a piece, you'll end up eating the whole bar out of animal instinct—it's the same with fap. If you start just to test it for 15 minutes, you'll end up doing it for 3, 4, or 5 hours out of animal instinct. You have to know how to control yourself and avoid addictions.

Men watch ballbusting because of the intense emotions it provokes, and also because of mainstream media culture—and these girls think that's just how it is, not something constructed by the mainstream media. The mainstream media also promotes hate-driven ballbusting—not just the sexual ballbusting found online, which merely provides more excitement without that ideology of revenge, hatred, malice, and the notion of women being superior to men—and even the extermination of men as a behavioral ideology promoted by the mainstream media.

Know that this hate-driven ballbusting by the mainstream media is something abnormal and forced, with the mainstream media injecting this force to bring about behavioral change in our society; hate-driven

ballbusting is just one of the behavioral propaganda tactics and ideologies of the Satanist mainstream media.

Don’t get addicted to watching ballbusting—it’s all the same: some kind of hitting or grabbing and squeezing. There’s only a slight variation from one video to the next, but in the end, it’s all the same. There’s no point in looking for a different video thinking you’ll learn something new. If you want to watch ballbusting, it’s for entertainment, not to learn anything. You only learn something if you’re reading intellectual self-help books like the one you’re reading right now.

You don’t need to masturbate that often or for that long—you can do it less often and for shorter periods of time.

Jerking off when you’re horny is easy—it’s simple to do because you get an erection, start touching your penis, and end up jerking off intuitively and instinctively. It’s as easy as eating something tasty—it’s just that simple. You’re the one who has to control yourself and practice either nofap or lowfap, watching porn only once or twice a month.

Fapping—which is masturbating to porn—is easy, just like eating something tasty, but you have to do something very important: exercise self-control over your body and mind. You can even masturbate, but make sure it’s something you control and not something you’re addicted to. So set a schedule—once a week or once a month—or exercise even more self-control by not masturbating at all and using that energy for something else in life.

You don’t have to practice nofap, but you need to find balance. Having long days and weeks where you don’t think about sex, don’t have sex, and avoid looking at sexual content and avoid getting erections—that’s self-control and minimal masturbation, where you do it, but only a little.

Staying in control of yourself and managing your body, rather than being a slave to your body’s desires.

Everything has to be done with balance and by avoiding addictions.

One thing many people agree on is that animals have sex too, and that we shouldn’t be like animals—and that’s true.

But this is part of life, and it’s also a serious problem to ignore and avoid sex, forgetting that it’s part of life and that it’s normal to masturbate from time to time—as a physiological function of the body, just like eating, drinking, sleeping, resting, etc. The body also has desires and needs.

I find these vegans unnatural. Not only do they eat roasted chicken, but they also eat rice with greens. There’s this problem of wanting an idealized, perfectionist purity—even though eating rice with chicken is something the body craves because it needs it, which is why you feel that physical urge. But it has to be controlled so you don’t eat too much chicken either—through rational self-control.

It’s the same with sex—the body has desires; you can masturbate, but within the bounds of rational self-control, knowing how to balance your life.

It’s better to watch ballbust videos featuring real people and imperfect women, since that’s a more social, respectful, and dignified approach.

Authors like Knave, on the other hand, end up creating scenes that degrade and devalue men, portraying men as evil and women as innocent victims who must take revenge in the groin area, thereby putting men down, degrading them, and devaluing them, etc.

If you want to watch ballbusting, it’s better to watch real scenes featuring real, flesh-and-blood people in actual videos, rather than artists’ drawings. It’s better to watch real people—it’s mentally healthier—because you know she isn’t belittling or devaluing him, etc., but rather that it’s just a form of sex, albeit an aggressive one—that’s all.

As for the drawings, it’s degrading to see a man doing something a woman doesn’t like and just getting punched and kicked in the groin—and this is a hate cliché perpetuated by the mainstream media, with these authors endlessly repeating the same discrimination and hatred toward men that the satanic mainstream media has promoted.

It’s better to see an imperfect woman doing something more playfully than to see cartoons of perfect, hentai-style women engaging in sex in a degrading manner—one that disparages, devalues, belittles, scorns, or seeks revenge, etc.

Because dignity and boundaries are important. Even during sex, it has to be done in a more dignified way. So, if you want to watch ballbusting, watch it involving real women in a sexual context—not one of hate, violence, revenge, and malice. Because there are two types of ballbusting: the sexual ballbusting of alternative media and the hate-filled ballbusting of mainstream media and smaller outlets that copy mainstream media.

It’s better to watch videos of real people than those artists who draw hentai ballbust—most of which is sickening—because it devalues and demeans men and the anime creators, and features bestial scenes worse than what animals do. That’s why it’s better to watch videos than hentai ballbust. I’m not speaking ill of hentai in general, but rather of hentai ballbust, which treats people like animals in scenes that are far too explicit

and bestial, making it bestial rather than simple hentai that merely shows naked human bodies. Hentai ballbust ends up promoting a truly bestial mindset, where it depicts degradation, enslavement, devaluation, and revenge for trivial reasons.

If you want to watch hentai, stick to creators who only show scenes of breasts and butts without any bizarre or animalistic elements. Because it's not beastly to masturbate or have sex with regular hentai, but certain hentai creators are beastly.

The problem isn't jerking off itself, but the addiction, because it will prevent you from having a balanced life, making you do it as if you were escaping reality. Try reading some NoFap books or articles on the subject to break the addiction.

Start with lowfap and semen retention, and over time you'll gain more self-control—then you can decide whether to continue masturbating, stick with lowfap, or go nofap. Whether you go without it, do it occasionally, or do it a lot.

What's important is self-control and personal management, not robotic control.

Lowfap tips: Have sex or masturbate for no more than 2 hours. And right after you're done, drink some water and walk for 20 minutes to relieve and release the body of stagnant, tense energy.

And have sex or masturbate only once a month or, at most, once a week. Beyond that, it can become an addiction and be harmful to your physical and mental health.

Masturbation is important, but as an adult, it's important to practice nofap or lowfap—that is, to stop or cut back and do it only after several months, for just a few minutes, without ejaculating, and then go for a walk afterward to relax.

This is important to do because adolescence is over; adulthood requires more care, self-control, and wisdom than adolescence did.

As you get older, you need to exercise more control and wisdom. That's why some people even stop masturbating altogether, or—for those who still enjoy it—they only have a brief erection, without much stimulation, and no longer ejaculate as they did as teenagers, since adults don't have as much excess energy to expend as teenagers do. And that's why sometimes they just stimulate themselves a little and then stop.

They don't go all the way or even masturbate at all. And if they do, they're much more self-controlled, since they're adults now and need to demonstrate greater maturity and self-control.

Stop and think about it—you need to change your habits. At the very least, masturbate only once every few months, with more control, without ejaculating, for less than an hour, and without watching anything harmful to your mind or body, etc.

You have to realize that it's healthier to watch more mainstream porn, and if you watch ballbust content, you have to find a more balanced way to do it. A balanced approach means watching more mainstream content so you don't get addicted to just one thing—instead, vary your viewing.

The healthiest and most balanced option is to watch hentai featuring your waifu rather than getting fixated on, addicted to, etc., ballbust content.

Know that there's plenty of content that's much milder, more balanced, and lighter—like waifu hentai.

Because ballbust might not be balanced, and there are better things to watch. I'm not against ballbust, but you have to realize that it's not really that balanced, and that there are more balanced options out there.

A relationship isn't just about sex, and even watching porn isn't just about sex—there's waifu hentai featuring women you like, not just something more arousing, but something that involves friendship and not just hardcore sex.

That's why it's good to watch waifu hentai featuring women with beautiful bodies who are more well-rounded—women who show affection, connection, friendship, and so on. It's not good to just watch ballbust, because seeing only that isn't balanced; don't get addicted—you have to find balance in your life.

Practicing nofap is difficult because the human body is programmed to seek relaxation, to let loose in pleasure, to revel in pleasure, to indulge in a tub of ice cream, to distract itself with something pleasurable, etc.

The human brain doesn't like to study, because that causes stress, anxiety, fatigue, etc., and that's why men end up distracting themselves with fap—to relieve stress and experience pleasure.

But this must be controlled and managed by the mind; you should strive to maintain self-control over your mind and body. You can even masturbate, but only occasionally, and with you in control.

And when working and studying, learn to avoid excessive anxiety about results and stressing out over them, so you don't create an outlet for the anxiety and stress from work. You'll have to learn to avoid anxiety and

stress at work and try to manage your sexual behavior—not using it as an escape from work-related anxiety and stress, but rather showing that you're not fazed by the demands of work and intense study. Make masturbation more controlled and managed, and don't use it as an outlet for work-related anxiety and stress.

You can still masturbate, but you have to feel like you're managing it well.

And work without placing excessive demands on yourself or being a perfectionist—instead, manage your work effectively.

You have to know how to manage things in your own way; everyone is different. Don't let anxiety and stress get to you just because some people work all day while others work less. Life isn't a competition like that—you have to seek your own quality of life and not try to copy the lives of others.

I'm not advocating for extremes in fap or nofap—instead, you should seek to improve and manage your life by maintaining mental health and quality of life, and managing your life in a mentally healthy way.

You have to improve in your own way, without so much pressure from NoFap gurus, and instead focus on improving your life in all areas, including your mental health.

Human beings need pleasure and well-being to feel good.

If you're feeling troubled, addicted, overdoing it, neglecting important aspects of your life—like school, work, etc.—and wasting a lot of time watching porn, that's not good, and you need to manage and control it in your life. Don't waste too much time on sex; instead, balance it with other areas of your life and avoid becoming addicted to it. Remember that sex is just one part of life and should be managed—not something to become addicted to.

It’s not good to masturbate every week, ejaculate every week, and waste so many hours on it. It’s much better to masturbate in a more controlled way, managing your sexual life better, masturbating without ejaculating, and trying to do it less often—because doing it less often will make you feel in control. It’s much more controlled to masturbate once every few weeks or so than every week, since doing it every week is already a compulsion, an addiction, a sick ego, etc.

I believe it’s possible to master the ego and not be a slave to it. It’s not about abstaining entirely, but rather being aware of the ego, having self-knowledge of the ego, knowing how to exercise self-control over your ego and your body, etc.—but without torturing yourself, and instead striving to improve a little more each time.

Be at peace with fapping, man! Don’t be addicted—instead, focus on living your life, which means studying and working to get ahead. Don’t spend all your time downloading tons of ballbust material, and don’t obsess over porn—just realize that it’s all the same; it all boils down to getting hit in the groin.

Don’t get addicted or obsessed with ballbust—instead, try to jerk off once in a while, not every week, and make sure you have the energy every week to do the important things in your life, like studying, working, exercising, etc., and don’t get addicted to adult content, because that’s not good. Because being addicted to it can get in the way of living your life. Watching adult content once in a while is fine, but becoming addicted—to the point of neglecting a healthy, balanced, and wholesome life—is another matter.

I’m not saying you shouldn’t masturbate; rather, you should realize that it’s just a small part of life. If you stop eating healthy to eat fast food, that’s an addiction. And it’s the same with ballbust—if you’re neglecting to lead a healthy life in all areas just to watch porn every day, that’s not healthy for balancing your life! Be committed to living as healthy a life as

possible. Personal development encourages you to strive for balance in all areas of life and to lead a healthy life.

You don’t have to go to extremes with nofap, but try going months without fapping and just having an erection and touching your penis and testicles—just as a test—but without overdoing it, so you don’t end up fapping but are just testing the waters, just a little warm-up, because you need to exercise the muscle and not let it become completely inactive and stagnant either; you have to find your balance.

Practice “lowfap”—do it less, less often, maybe once every few months—and do it in a way that keeps you in control, rather than out of compulsion or addiction.

If you keep feeling bad about masturbating, try nofap or lowfap; approach it with self-awareness and self-management. Some people need to do it less, or stop for a short, medium, or long period of time. Observe yourself and see how you’ll approach it. But as a general recommendation, do it less often—so you’re not doing it out of compulsion—and try to manage it in your own way. Some people need to do it less, others need to stop for a while, and others need to stop fapping altogether.

Masturbation should last just a few minutes or at most 1 hour, without ejaculating, and should be done only after weeks or months.

After adolescence and a few years later, it’s normal not to have orgasms like you did as a teenager—just sensual experiences—but you’ll never have orgasms like you did in early adolescence again. Nothing beats a young body, when you could masturbate every day, ejaculate as much as you wanted, ejaculate again on the same day and still have some left, and even manage to ejaculate twice in a single day.

And then, as you become an adult, you feel that when you ejaculate, you feel weaker and have less energy. Something you didn't feel as a teenager—you could ejaculate almost every day without feeling a loss of energy, tiredness, exhaustion, etc. And then, as an adult, you start to feel that ejaculating doesn't provide as intense an orgasm, and you begin to realize that it gives less pleasure and requires much more energy, because your body is no longer in its prime like it was as a teenager—it's aging. And sex becomes something more sensory, sensual, erotic, etc., rather than that shiver running through your whole body and a large amount of semen being released, without feeling any physical fatigue.

After a certain age—not very old, just young adulthood—you already start to feel the difference between masturbating as a teenager and masturbating as an adult. As an adult, you have to get used to having sex and masturbating without ejaculation, without orgasm, and without that thrill you felt the first time. Instead, as an adult, you'll do it in a more sensual, sensory, and dramatic way. Because you can no longer ejaculate every week like you did as a teenager.

And yes, you'll have to learn to practice seminal retention, learn and accept that you'll never again have orgasms as intense as in adolescence, and realize that ejaculation will result in a loss of energy for a week—whereas in adolescence, ejaculation only caused a loss of energy for a few hours, and as an adult, you feel tired for a few days or even weeks.

In other words, you have to accept that your body has changed; as a young adult, you don't have the same energy as a teenager. You have to understand that a teenager can ejaculate and masturbate every day. Adults, on the other hand, need to hold back from ejaculation—having sex once a week—and the pleasure becomes more sensual and sensory, because that intense orgasmic release, that excess of ejaculation and energy, ended during adolescence; we only experience truly intense orgasms during adolescence. Once you become an adult, orgasms gradually weaken, and pleasure becomes more sensory, sensual, erotic, and emotional, etc.

And you'll never again have that kind of orgasm you had in your early teenage years—back when you could ejaculate every day without feeling any loss of energy. As an adult, the tendency is to lose that intense orgasm you once had; it becomes very weak, and pleasure is limited to the sensory experience. You feel you must control your sex life because you sense that it drains your physical energy—something you didn't notice during adolescence, when you had plenty of physical energy to spare.

Stop and think about it, and realize that we only go through adolescence once in our lives, and that after a while, you'll never have the same body you had as a teenager again. You'll have to learn, as I told you, how to have sex and masturbate in a more sensory/sensual way, and never again expect to have orgasms like you did back then, in your teens. And you'll need to develop more sexual self-control, never again expect to have an orgasm, and avoid ejaculation—except when trying to have children.

Get used to not even beginning to feel an orgasm—to avoid losing energy, you have to hold back, restrain yourself, and not have an orgasm or ejaculate. (Only if it's to have children.)

Try to get used to not having so much pleasurable stimulation. That's exactly what the addiction is about—not in doing it after a few months, but in the compulsion to have an excess of pleasurable stimulation all the time.

People want to masturbate every day—every day they want to masturbate, check social media, play video games, and watch Netflix. But real life isn't like that.

Real life is about experiencing gentler, slower pleasure, or simply feeling a sense of well-being on a rainy day when the power or internet goes out—and finding peace and contentment in just drinking water and contemplating the present moment in the landscape, nothing more. And realizing that this constant hustle of staying connected to the internet all day with an excess of highly stimulating content is like "brain rot."

Don’t dwell on having lots of sex; instead, know that you just do it once in a while, as something natural and not something driven by an inflated ego.

You may have erections and experiment a little, but avoid masturbation, as it can wear you down—especially if you do it too often in an addictive and unbalanced way.

Try to take a break and go a few months without it, at least to give your body—both physically and neurologically—a rest.

You can masturbate, but with caveats: be careful, don’t overdo it, maintain balance, and avoid excess, etc.

Do it about once a month—a little more or a little less—it could be every 15 days or every 3, 6, or 9 months. (As I said, without ejaculating, without overdoing it, etc.)

Avoid ejaculating, and if you feel the urge to stimulate yourself and feel the urge to ejaculate, it’s best to stop and hold back if you start to feel the urge to ejaculate, even if it’s just a little. It’s better to hold back, even if you don’t feel any pleasure.

You have to get used to having only a weaker erection, without as much pleasure. Because if you feel a lot of pleasure, you’re releasing a lot of semen, and that’s not good; and ejaculating at the end is even worse, since you’re wasting more sexual energy.

Get used to having an erection and moving less—even if it’s a little boring, it’s better than ejaculating too much.

Preferably use a condom—it seems to help delay ejaculation—and then wash it and store it for future reuse.

Just releasing that lubricating fluid is already wasting a little semen, and that's bad; it's best to use a condom to avoid any waste of sperm.

Sacrifice any orgasm and ejaculation; just enjoy the sensory pleasure a little. That's why you should use a condom—ejaculation is only for actually having a child, not for masturbation.

The truth is, you'll always feel the urge, and it's normal for your body to regain desire after a while. You'll always have sexual desire, and that's normal.

The truth is that we seek out sexual experiences because they're a part of life—they're part of life too—and you have to know how to deal with them. Don't ignore them or try to control them completely; instead, seek to understand your male body.

The male body was designed for masturbation as a form of self-discovery, so that later you can seek a partner for a romantic relationship—this is part of male biology.

You shouldn't deny this; instead, you should try to control yourself and practice self-observation. It's normal for the body to have relapses, but you should get back on track, observe yourself, control yourself, and maintain your balance.

It's great to do NoFap or to masturbate less. But we also have to respect our bodies, because we aren't robots—and that's why we need a little sexual content too, since we're biological beings and not cold machines devoid of feelings and sensations. It's not about repression, but rather about self-observation and seeking control over your mind and body.

Porn serves as a form of knowledge, but there's a lot of pointless entertainment. The only thing that seems worthwhile about this pointless entertainment, to me, is seeing a woman you like—so you can look for someone similar on a dating site, without trying to find a perfect woman, but rather one who shares some similarities with your tastes. And this

pointless entertainment serves only as a way to seek out a similar woman you like—someone similar to what you saw in that pointless porn. It's about using pointless entertainment to connect with a woman who shares your tastes, to have fun and build a mentally healthy relationship, in the end, so you don't get addicted to porn and self-destruct—instead, use it to build a healthy relationship with a woman you've noticed has something in common with what you like, and use porn for that purpose, not to sink into addiction by jerking off.

You'll always feel the urge to masturbate from time to time, but the first step is to start controlling yourself—doing it less often, spacing it out more, masturbating without ejaculation or a full orgasm, etc.

There are things you shouldn't do. You can still masturbate, but you have to throw a lot of stuff in the trash—and don't think you can watch anything and everything. You can, but with careful selection, sifting through, and filtering out the trash—like cartoon ballbust or certain movies—because that's just trash. Watch channels that are realistic and humanizing.

Most porn content is bad, and you have to sift through it to find lighter, more balanced, and positive sexual content—not negative stuff like cartoon ballbust videos from channels like Knave, 88, etc.

If you like to spend time online for entertainment, entertain yourself with healthier, more social activities. I'm not saying you shouldn't have any kind of sexual pleasure, but entertain yourself in a balanced way and always try to make more time for healthier things, like good videos, games, music, etc.—which offer a healthier form of pleasure—rather than getting addicted to porn, thinking that pleasure comes only from adult content. So don't get addicted to porn—you should do it sparingly.

You should engage in more wholesome distractions like good games, music, YouTube, etc., and not get addicted to porn—that should be done sparingly and only occasionally. I'm not saying you should never do it, but rather that you should balance your life. You can even watch adult content for an hour once a month, but most of the time you should engage in more social activities like playing good indie games and learning about indie games, reading fiction, listening to alternative music, etc., so you have more social topics to discuss on social media. Because there are people who think only about sex, and that's not good; you have to have balance in your life and not get addicted to porn.

There are people who end up having no friends online, no social spaces to chat, no religion, no social clubs, etc., and they just think about sex all the time without realizing that sex is only a small part of life—and that there are many other, healthier ways to distract yourself to balance your life in all areas: social, relationships, sexual, health, finances, intellectual, and spiritual.

Go study online instead of getting addicted to porn—that's something to do once in a while, not something to get hooked on.

It's better to read a book like this on Balabolka than to be addicted to porn. There are men who are neglecting their online studies to become addicted to porn; you can watch it once in a while, but it should be just that—once in a while—and not an addiction. What you should do as a routine is study online and play video games a little bit every day just to bring some joy and pleasure into your life—because nobody's made of iron. But porn isn't something you should do every day or every week; it's for once in a while, since it's different from other types of content—it's more intense.

As for games, anime, etc., you can do a little bit every day or week, but focus more on learning something on YouTube, Udemy, etc., every day—

as part of your daily and weekly routine. Do something more productive—even if you're just reading a book or taking a course—and you're not necessarily working, but you're doing something useful in life.

It's a good thing—when you watch porn and masturbate, you feel bad about it. That's just how it is. Do you really want to go to a kids' party with your girlfriend, then come back at 7 p.m. and have the two of you have sex at home right after a kids' party? Of course you wouldn't do that, generally speaking. Because you'd feel bad about it.

Because you're a human being, not a cold, ruthless robot that relentlessly performs a completely different task every hour. A human being can't go to a kids' party and talk about kids' stuff and then, on the same day, have hardcore BDSM sex at night. Because a human being is human and needs space, rest, breaks, etc.

Only a robot can talk about one thing and then, in the very same moment, do something completely different—like talking about children and then about adult content. Only a robot can do that, because it's cold, hard, and ruthless.

It's good to feel bad after watching porn and masturbating; it shows that you're still human and aren't turning into a social robot, one that does everything on a strict schedule every hour, like a CEO or executive at a big company—where they think you have to become just like a robot and won't accept you being just a human being at work. This is a problem with society—thinking we have to do various things productively like a robot, but human beings can't be as energetic as a robot.

You can even watch porn and masturbate, but you know it's not okay to get addicted to it. As for these AI chatbots, they can host a kids' party and then immediately talk about sex as if it were normal—but that's normal for the robot, not for you as a human being. You need breaks, shelter, rest, personal space, etc.

And that's why you can even have sex and masturbate, but you feel bad if you're doing it too much and aren't spending time on social activities—like going to a kids' party—or engaging in cultural pursuits—like video games, TV shows, books, etc.—to socialize on social media. And not just thinking about one single thing.

That's why you feel bad when you masturbate—because you're human and you know you're doing it too much, and you're not managing to balance your time with other aspects of life. I'm not just talking about school and work. I'm talking about living life, enjoying life, etc.—with indie games, books, YouTube videos, parties, bars, religion, etc.—to diversify your pleasures and not have sex every weekend. That's what makes you feel bad: thinking only about sex. But if you have a life rich in social activities, culture, indie games, physical books, etc.,

You'll realize that when you watch porn and masturbate, you'll spend less time on it and won't do it every week—it'll be just a small part of your life, and you won't spend all your time thinking only about sex.

Don't get addicted—you can watch it once every few weeks, and only for a short time, preferably just an hour.

Try to set a time limit that isn't excessive—don't go overboard, like eating the whole jar of cookies. Instead, just have a little to try it out, without overdoing the masturbation.

I'm not saying you should become a robot or a fap addict—I'm talking about balance, which means doing it less, holding back, taking your time, and sacrificing orgasm and ejaculation. Do it after a few months, and so on.

After you turn 20 or 30, or after adolescence and young adulthood, your body changes and can no longer handle ejaculating every day like it did in early adolescence, when you could ejaculate every day without feeling

tired from it. In adulthood, however, when you ejaculate, you generally feel more subdued, slower, more tired, etc. But back in early adolescence—between the ages of 13 and 17—your body could ejaculate every day without feeling any exhaustion, because you were very young and in peak physical condition.

And after a certain age, your body isn't as perfect as it was when you were 15—when your body was at its peak. Once you pass a certain age, your body no longer has all that perfection it had at age 15. That's why you have to learn to control your body—because you can't do what you did when you were 15 now that you're no longer 15. After a certain age, your body isn't perfect anymore. You can still masturbate, but in a more mindful way, to achieve greater self-control and balance—not like it was in adolescence, when you were expending energy to discover yourself. Now, as an adult, you have to learn not to waste energy needlessly, but rather to use it wisely, because you're no longer a teenager—when you used to expend energy first, before understanding. Now you have to understand before expending energy, so that the energy is used well.

In adolescence, it's as if you had a 2-liter bottle to waste, but now in adulthood, only 500 ml, and later in old age, just a small glass of water.

In other words, you have to learn, get to know yourself, exercise self-control, etc. You can still do it, but do it less often, for shorter periods, and allow more time between each sexual activity, etc. For example, do it once a month for 30 minutes, and then wait another month before doing it again. For example, you can still do it, but you need to know how to do it as an adult, not as a teenager. As an adult, you have to know how to take care of your body and mind; as a teenager, everything is exaggerated—your body can handle it, but if you keep overdoing it, you'll get sick in the future.

I realized something about ballbusting during masturbation: your mind wants to experiment, but you don't need to cross the line. I realized that

after taking a few hits, you'll notice your testicles are more swollen and a little sore when you squeeze them—and that's the safe limit; going beyond that will cause damage. And with masturbation, you just want to feel like you're doing it a little to experience that part of your body, but you don't need to get addicted to it. You've already tried it and know what it is and what it feels like—you don't need to do it constantly, frequently, over and over, or for hours on end. Instead, practice self-control and avoid addiction.

Sometimes you just want to have an experience without getting addicted to it. Because any addiction is bad—it leads to mental imbalance. You have to understand how to practice moderation, so you don't do anything violent or abusive. Instead, it should be more like light-hearted play or gentle sports-style sparring—or something respectful and harmonious.

When you have an experience with masturbation, avoid repeating it too much or becoming addicted. Since you've already had the necessary experience—I realized I've already felt what masturbation is like—there's no need to go beyond my limits; instead, just feel it, experience it, observe it, understand it, etc. Without needing to go too deep into the limit and then end up feeling drained, because that's not worth it—just experiment without going to the limit and ending up drained, because it's not good.

An experience is just for feeling—not for getting addicted to masturbation.

It really is good sometimes to do nofap or lowfap, because it's not healthy to masturbate and watch porn too much—excess can harm your physical and mental health.

That's why you should moderate, find balance, and give yourself space—to do it less, for example, once every few months, to give yourself some breathing room. And also avoid going overboard, because it'll do you harm.

Sometimes it’s even good to stop with ballbust for a while and watch something else; if you’re feeling bad about it, you need to look out for your health. And as for ballbust, I’ve realized there’s nothing new about it—it’s been around since the 2000s with the first content creators—it’s just more creative videos, but at its core, the content isn’t new at all. So you can watch other things too, take a break, limit the time you spend on it, etc.

It’s good to do NoFap, but you don’t have to be extremely rigid about it; rather, you should know that you can’t become addicted to it and that it’s best to avoid it whenever you can, because you know it’s a natural bodily function, but it’s not good to keep doing it either.

Example: Just as it’s not healthy to eat a chocolate bar every day/week/month, you can have one once in a while—after a certain amount of time has passed—in a casual, informal way, etc., just to gain the experience and knowledge, not to develop an addiction. In other words, without compulsion or attachment—just having the experience without wanting to become addicted. It’s good to avoid it, but it’s also good to know a little bit about it, without turning it into an addiction, compulsion, etc.

The truth is that masturbation and BDSM aren’t for everyone, and those who do it should know they’re old enough and healthy enough for it.

People who masturbate are like this:

Around age 10, they’re getting to know themselves and masturbate more for self-discovery.

In their 20s, they should experiment with masturbation and perhaps BDSM, but with caution. They should focus on work and only masturbate on the weekends.

In their 30s, they need to start cutting back on masturbation and BDSM, do it less, and focus more on work.

In your 40s, you really have to start cutting back on masturbation and BDSM, practice seminal retention, masturbate very little, etc.

In the coming decades and years of your life, you really need to face the truth: sex is for people in their 20s and 30s. You have to accept reality—after a certain age, you'll have to have less sex. And all that energy you used to have? You won't have it anymore the way you did as a teenager and young adult. That's why you need to understand that all that "performance" you see online is mostly just for show. The reality is that sex is for young people up until their 30s; after that, you have to stop BDSM and masturbation—or cut back significantly— because you should know that your body isn't like it was when you were a teenager, full of energy. As you get older, you have to start controlling your expenditure of sexual energy, since your body isn't like a teenager's anymore—one that has so much energy. After a certain age, you have to control, manage, and regulate your sex life better—either stop or cut back and exercise more self-control!

You'll always feel the urge to masturbate, but it's best not to become addicted to masturbation and porn. You can even watch it, but ideally, it's best not to watch it at all. And if you do watch it, do so casually after many weeks or months.

That energy should be used wisely and harmoniously, not for activities that are harmful to your health or lead to addictions.

So, if you watch ballbust porn, stick to just a few videos featuring real people—where they're actually real people, even if it's somewhat

staged—showing them enduring or being hit in a controlled way, without exaggeration and without crossing the person's boundaries. That's why I always recommend watching only videos of real people, as they convey the naturalness of real people. Avoid watching cartoon and hentai ballbust content in general, because for ballbust it feels too intense, and hentai and cartoons are usually only suitable for regular porn. You have to understand this, because for ballbust, it feels too intense, sounds artificial, etc., and real videos of real people are the only ones that feel more harmonious and balanced. It's necessary to watch real people for this type of content, as it conveys a sense of greater balance and humanity for this kind of heavier adult content. You need to see real, human people, because real people give off a more harmonious vibe, whereas hentai and cartoons convey a vibe of mental illness and mental imbalance. In this cartoon and hentai ballbust content, most of the images come across as heavy and sickening, whereas real people convey content that is more sincere, authentic, and human, and show women's vulnerability. In contrast, cartoons, hentai, and mainstream media films convey an image of something heavy, sickening, violent, cold, relentless, and filled with revenge and hatred. That's why it's good to see only real people, because it shows human vulnerability—that women aren't ruthless but are more into sexual playfulness, revealing a woman who is more fragile, human, and flawed. Not something relentless, heavy, and vengeful like in movies, hentai, and ballbust cartoons, which give off a much heavier vibe—only real people can convey that light and balanced ballbust vibe.

Masturbating makes you feel more relaxed afterward, but you have to find other ways to relax and relieve anxiety, stress, etc., without becoming compulsive or addicted. As a way to relieve the stress you've experienced during the day, you should try to relax by taking a nap, listening to music, practicing breathing techniques, relaxation exercises, meditation, singing, going for a walk, etc.

I’m not saying you should become a robot and never masturbate, you’re a human being and it’s normal to have relapses, but it’s good to know how to exercise self-control, manage, and balance your masturbation so you don’t become addicted—and always do it sparingly, infrequently, holding back ejaculation, not watching just anything, etc. And if possible, try nofap completely, especially if you’re older and thinking about taking your personal development to the next level.

NoFap or LowFap is a path; without realizing it, we’re always on a path—which is defined by our day-to-day behavior and daily habits.

Every person is on a behavioral path, and this must be improved. If you’re addicted to ballbust, you should change your path—not by trying to understand everything about the ego, but by accepting the ego of lust and shifting to a different path, because no one in this life will ever fully understand the egos of hedonism, lust, etc. Instead, you must realize that complete understanding is impossible and strive to change your behavioral paths throughout the day, week, months, and years. And that is what it means to change your life. Changing your life means changing your path—not trying to fully understand the path you’re following day by day, week by week, month by month, and year by year—but rather seeking to change your path, without pretending to understand all the aspects of your ego that are leading you down this specific path of ballbust, but rather to change course and practice NOFAP—or at least LOWFAP—to gradually reduce it so it doesn’t become an addiction that could disrupt other areas of your life, in order to lead a balanced and harmonious life on a balanced and positive path.

The problem is cyclical; every week or every month you’ll want to watch ballbust, because you’re on a path driven by a hedonistic ego, and you have to shift toward a path driven by personal development. You need to realize that you can’t fully understand the ego, but you can steer clear of certain paths in life and head toward the path of personal development, and to realize that you’ll never fully understand everything about these

egos or why you're on a hedonistic path with these hedonistic egos—but rather to acknowledge that you can't know everything, and to recognize your inability to comprehend everything about these egos that are leading you down this path—and to seek to change course, knowing that you can't understand everything, but that you can strive to take more harmonious paths and avoid other, more unbalanced ones. You can't understand everything about these egos, but you can change your path—toward a path of personal development.

You can't understand it intellectually, but you can be aware that you can't understand everything; however, you can change your habits, choices, and attitudes, and work on developing more patience so you can always return to a path of personal development—and engage in things you know are purely positive in life, like doing some physical exercise. Even if you do just a little, try to do it; even if you do just a little, forget about don't have time, etc., to exercise—it's always good to be on that path, even if you do just a little; you're on the path of personal development. Even if it's just a little, you're on a path of personal development, always striving to improve, until you have a harmonious life to the best of your ability.

You may not understand it, but you can persevere in changing your path and be patient on this new, more harmonious path.

Fapping and ballbusting are done for the thrill and to experience a different kind of sexual pleasure. But it's best to just be aware of it and not get addicted—just try it a little to understand it, to become aware of it.

You do it because you're bored and want to experience a different kind of sexual pleasure and feel that you have testicles; you'll become aware that your testicles exist and are outside your body, but you'll also realize that they can move—knowing this is important, because when you wear tight underwear, you know they'll move and you'll have to put up with it.

And you watch porn and jerk off because you're also bored and want to escape the boredom—you can't stand being bored and doing something more monotonous—and that's bad: not being able to handle boredom and not being able to do something monotonous like reading the Balabolka show.

The truth is that after your early 30s, a man can no longer jerk off like he did as a teenager; he has to do it less often and always hold back ejaculation as long as he can, because the time for experimenting is over, and now it's time for sex.

Chapter 8
Ballbusting

Ballbusting is one of the forms of pornography that generates the most adrenaline; it ends up arousing more sexual desire than regular sex, because of the adrenaline rush

You don't need to practice ballbusting to know where the testicles move; rather, you need self-awareness of your body—knowing that when kicked, the testicles will naturally move out of the way to avoid the blow, and if you wear tight underwear, they'll move upward and take less of an impact, since they'll already be in a position that facilitates evasion.

Ballbusting serves more as a form of sex; it can help with sex without necessarily being addicted to ballbusting—rather, you use it to get an erection and have sex with a woman, in case you need to spice up the relationship by choice.

There are people who are addicted to sadomasochism and can't have normal, natural sex because they're hooked on it and can't do anything else.

Ballbusting makes you tense, nervous, and floods your system with cortisol and adrenaline. There are ways to have sex that are calmer and more relaxed—or to do it without going to extremes.

This alters the brain into an addiction and isn't sex with healthy, uplifting feelings. Instead, it's agitated emotion that generates stress.

It alters the brain's connections to create an addiction and causes stress in the body and brain.

There are ways to have sex with a lighter, more relaxed, calm, and peaceful energy in the brain and heart.

This is just an addiction like drugs, alcohol, cigarettes, etc.—it's something that's sometimes harmful but addictive. It's a mental addiction because it can create a dependency in the brain and cause harm, and the solution is to study NoFap.

The testicles are an erogenous zone, which is why some men enjoy these more kinky things.

Everything is an experience, but becoming addicted to pornography isn't healthy, and practicing ballbusting isn't something you should learn

as your normal behavior and normal way of having sex, rather than having sex in a more playful way

laid-back and relaxed, not adrenaline-fueled and nervous—which is what ballbusting is.

You have to know how to manage your emotional responses. Besides doing ballbusting, try not to get too worked up and stay rational, or approach ballbusting in a more relaxed and lighthearted way.

Don't seek revenge if a girl hits you in retaliation either; adopt a more relaxed, less tense attitude, and you'll be more in harmony with life's events. This means accepting what happened, even if you don't want to and don't like it. It's best not to let hatred be met with more hatred. Don't seek further revenge against the one who already took revenge on you; otherwise, you'll get on the same wavelength as her—that's the law of attraction.

And something bad will happen to you too—not just to her—because of the law of attraction. Don't do the same thing if she attacks you.

You attract what you put out; if you put out hatred, misfortune will come back to you; if you put out tolerance, tolerance will come back to you. Even if you don't like it, just tolerate her so you can talk—and don't act the way she did—otherwise you'll end up on the same wavelength as her.

Be serious, but know how to relax, let loose, and joke around—but keep the jokes light, without anything too heavy.

There are ways to have sex that are more playful without being so violent.

There are ways to try new things without so much violence and sleaziness. There are things that arouse sexual desire without needing to be so violent or malicious.

I think it's possible to have sex without physical violence like ballbusting; our brains are programmed with various types of sex—

some more normal, and others violent—thinking you have to hit and have sex by hitting and being hit.

But our brains also know how to have healthier sex and more relaxed, truly lighthearted play.

If you're tolerant and realize that relapses happen—and that making mistakes is human.

Ballbusting only causes physical ailments and mental addictions if you overindulge—abusing your body, mind, and even your spirit.

It's all designed to get you hooked and spend money on prostitutes. It's better to have a steady girlfriend. I said "steady"—not to sleep around with everyone.

They invest heavily in pornography; they even use techniques from neuroscience to get you hooked on their porn.

Ballbusting isn't just a common fetish—it's also a mental illness related to the ego. There are men who are sick and want to be castrated, and that shows they're mentally ill. It's not just about taking a few hits—they want to be castrated.

Getting spanked, on the other hand, can be considered a more "normal" sadomasochistic fetish; it can be classified simply as a fetish and not as male genital mutilation.

These men are seeking to castrate themselves, and this shows that they are mentally and spiritually ill—not merely indulging in an acceptable sexual fetish.

About ballbusting on the internet.

The more porn you watch, the more you want it, and the more addicted you become to porn.

You have to learn to stop watching porn and have real sex with normal women—or practice NoFap.

Don't masturbate to porn actresses you see online, because it will condition your body to only watch porn and have sex only with prostitutes, not with normal women.

It's better to practice NoFap than to be addicted to ballbusting porn. Because that addicts your mind and body to the wrong thing.

There are healthier ways to express your sexuality. You don't need to be addicted to sexual adrenaline; it's not good to be addicted to cortisol, stress, and adrenaline during sex. If you do it, you have to do it in a more moderate way.

Ballbusting can be done in moderation if you know how to control your sexual desire, avoid extreme acts, avoid going overboard, avoid excesses, and avoid anything you think is too extreme to do within a healthy, committed relationship. Do it with love, and don't have a relationship just for sex. That's what's wrong. Because you'll grow old, and the sex will end. You have to love the person—not just have sex without love.

You can have sexual desires, but they must be controlled. So that the demons in your unconscious don't run wild, as Freud said.

You can watch ballbusting if you want, but avoid watching malicious content; instead, stick to fetish-oriented material rather than malicious stuff, because it's wrong for a man to grope a woman's butt and vagina, and it's also wrong for a woman to seek revenge over it instead of talking it out. And it's also wrong for anyone to create this kind of scenario involving violence, abuse, and revenge. If you want to watch porn, watch

content that’s free of malice—just fetish content without malice. No scenes of malice, whether from the woman, the man, or whoever created the scene. If you want to watch fetish content, make sure it’s free of malice—just sexual fetish content without malice.

If you want to practice ballbusting, just avoid malice, exaggeration, and belittling men or women—because not all women abuse men.

It’s not just the act itself, but the inner feeling you have during the act—that’s why ballbusting isn’t a crime, because it doesn’t always involve feelings of hatred or malice; rather, it involves sexual desire, and there can even be love between a genuine couple.

I think there’s a lot of trashy ballbust content out there that’s just full of malice and degradation toward men. But there are videos that are less malicious and degrading—you have to know how to choose wisely, because there’s a lot of very negative material in this type of porn. I’ve realized that some videos are better, and you really have to be more selective.

The problem isn’t ballbusting itself, but rather the mainstream media, which promotes coldness and vengeance, seeking to indoctrinate, brainwash, and wage a gender war as part of a broader plan against humanity as a whole—because the human race loses out when people become enemies of one another. But the reptilians gain from this.

If you want to do ballbusting, do it in a more civilized way—not by imitating movies, but by doing it in a more polite, civilized, dignified, and respectful manner. Something more sexual and not something driven by hatred, so as not to imitate movies that promote hatred in general.

Because, in general, I've noticed that movies do tend to feature hate speech—you can see scenes of shots to the groin in movies like *Robocop*, and other films where characters seek revenge for being rejected after flirting, or where someone cuts off a penis as revenge, etc. Avoid doing ballbusts motivated by hate and revenge. If you want to do it, do it in a lighter, playful, polite, civilized, and respectful way—like the Japanese do, etc.

Avoid looking at cartoon-style images like those by Knave, because besides being unrealistic, they're usually mentally unhealthy. Real people, on the other hand, are mentally healthier to look at, because you see the person's details and characteristics. Cartoon-style images like Knave's are more unhealthy because those artists draw fantastical things, illusions, and they're generally disturbing; something real is less mentally unhealthy.

Also, it's better to watch videos of people than look at photos of them, since photos can be more mentally disturbing—this is subtle, but I've noticed this detail: videos are always better.

There's a video featuring a blonde woman who was having sex, and in addition to having sex, she decides to grab some dice and starts rolling them—and for every number that comes up, she delivers the same number of punches to his testicles. But then she gets furious and full of hatred and starts hitting the man nonstop, until another man comes through the door to restrain her because she's gone too far.

<Ballbusting Game with a Die!>

And this happens a lot—it ends up being ball bullying. There are many women who don't know how to deal with their frustration and harbor hatred and resentment toward men, and because they're primitive, they attack the groin out of frustration.

If you want to try something that doesn't involve bullying, because there are a lot of women online who end up bullying others.

You have to distinguish between the different sources of information—in movies it's more about hatred, while online it's more tied to porn.

Learn to distinguish one thing from another and don't repeat the same mistake.

It's not really recommended, but if you do it, keep things separate—don't do anything too malicious. In other words, don't IMITATE scenes from mainstream media. If you want, go to a SEX SHOP to buy things, and separate what's malicious in movies from what's sex with your wife; avoid mixing the two. even when playing around, you have to be serious and know how to separate cruelty from sex; you have to do it in a way that's just sex and not cruelty, so you don't repeat the mainstream media's mistake.

If you like this KIND OF SEX, keep things separate: violence, wickedness, revenge, and angry women—leave those in mainstream media movies and don't bring them into bed with your wife, because you're repeating the same mistake as mainstream media, and this is reinforcing the egregore of mainstream media's energies.

I advise you to go to a SEX SHOP and buy items to ensure they're purely sexual in nature, to avoid the malice of the mainstream media. Try to distance yourself from the mainstream media; don't do the same things you see in the mainstream media. In other words, the brainwashing from the mainstream media's behavioral propaganda won't affect you, because you don't accept it and strive to act more honestly and with good intentions—rather than repeating the mistakes and evil you see in those

mainstream media movies that only preach evil. Keep things clearly separate and be different.

You have to be very different—go to a sex shop and buy lingerie, and don't watch "ballbust" videos like "Knave," which only show women seeking revenge, with men as the guilty villains and women as innocent victims, and don't watch those U.S. movies featuring violent, malicious women; don't keep watching comedy shows that make jokes about groin injuries as if it were funny—which it isn't—but is included in these shows for indoctrination purposes, along with those movies, to reinforce this kind of indoctrination of malicious humor and the evil of violent revenge.

That's why THERE MUST BE A DISTINCTION, and interact with your wife in a way that avoids repeating the same mistake of this type of behavior and mindset, which is preached by the mainstream media.

You should do it differently if you want to engage in this practice of attacking a man's groin.

Let it be in a more sexual context with a naked woman in lingerie in a sexual way, and not like in movies depicting violent, vengeful, malicious, resentful women, etc.

Ballbusting is just a different sexual practice—one of many fetishes. It's not exactly cool or recommended, but it's also not inherently bad or harmful if done in a way that isn't violent, abusive, disrespectful, or malicious, etc. If you want to do it, don't do it like an animal—do it as respectfully and civilly as possible, avoiding scenes like those in mainstream movies that focus only on revenge, violence, and malice, and instead practice it as a more civilized and respectful sexual fetish.

There needs to be a distinction between mainstream media ballbusting—which is nothing but violence, revenge, or constant aggression— And the ballbusting found in alternative internet media, which is purely a fetish without all the malice found in mainstream media films and among some people who think this mindset—ballbusting as revenge, ballbusting that involves being violent toward non-consenting men at school, college, classes, work, with colleagues, etc.—is normal. That is the ballbust of violence, not the fetish-based ballbust found in alternative online media, which is free from the malice, revenge, domination, and violence of mainstream media.

What you see in mainstream media is malicious ballbusting, and on the internet it's fetishistic ballbusting—but there are also many people online who engage in malicious ballbusting, because there are older men who have copied this hateful, malicious behavior from mainstream media, but on the internet there are some men who are more into fetish ballbusting, and there needs to be this distinction between mainstream media and alternative internet media, where each has a different philosophy of life. And many aren't following the malicious, violent, and hateful ballbusting of the satanic mainstream media—which is based on hatred and therefore promotes malicious ballbusting.

Also, if you want to engage in ballbusting, do it at home and not like an animal on a deserted street, a quiet street, etc., because you're acting like an animal, and it constitutes indecent exposure, obscenity, bestiality, etc. If you want to engage in ballbusting, do it in your bedroom with a steady partner. This distinguishes humans from the bestiality we see in the mainstream media.

You shouldn't be doing this to schoolboys, college students, coworkers, people on the street, etc., as if it were normal and socially acceptable—that's what's making the bestiality portrayed in mainstream media seem socially acceptable and turning violence and sex into trivial matters.

For women, the pain is practically equivalent—it's the same percentage; it might hurt a little more or a little less, but it's equivalent—it's similar but not exactly the same as the pain.

The problem is that, in general, women don't like being hit in the groin, and it's usually men who end up engaging in these ballbusting practices; as for cuntbusting, women generally don't like it, since it's men who are more into these practices—but I think it hurts women almost as much; still, they don't want it and generally don't like these things.

It's men who end up doing it more—that doesn't mean it hurts more for men; the percentage is similar for both men and women. It's just that on the internet, you only see men doing it because men enjoy it more, and you don't see women doing it because women don't want to, don't like it, or enjoy it less.

And you have to respect that. Know that "cuntbust" content will only exist on small websites, and you have to accept that this is how it is—that "ballbust" is on major sites and "cuntbust" is on smaller, lesser-known sites. You have to understand that there's supply and demand, and men are seeking more "ballbust," which is why there's more of it available—because there's more demand. And women don't want it and don't like it, so that's just how it is, and you have to accept it. If you want, you can do what I do: just talk about it. You don't need to create a cuntbust site; just talk about it on a blog online, mention that cuntbust isn't well-known—just that—but it does exist. It'll never become widely known, though, because it's a niche thing and only found on small sites.

Understand that cuntbust will always be more philosophical, artistic, and a matter of curiosity—it's more innovative to write more texts and engage in verbal conversation. It's tacky to keep creating images of it, because people generally don't like them, and that's why it's much better to just write about it and talk more through text; conversation is more rational and balanced. The images are generally just of those girls from the 2000s

who were just messing around—it was more of an artistic, curious, and innovative thing—something lighter and more playful, like very amateur amateur videos from the 2000s: amateur videos, accident videos, and lighthearted play-fighting—just that. There is a "cuntbust" fetish, but people who enjoy cuntbust generally enjoy a wide range of fetishes—they like a little bit of everything—and tend to prefer the more artistic, different, and curious aspects of those old amateur YouTube videos from the 2000s.

You have to accept and respect that cuntbust will always be more of a written thing, because you have to respect that most women—even those who enjoy that kind of stuff—don't like cuntbust, and for that reason, it will always be more of a written thing, discussed online, or in old amateur videos from the 2000s. Rather than creating drawings and videos about it, you have to accept that "cuntbust" will only ever be something written, because you have to accept and respect people—don't do to them what you wouldn't want done to you. That's why cuntbust is mostly text and commentary; to make something more tasteful, it should really just be text, because creating images about it isn't good—text alone is better. You have to do things the right way so you don't create something ugly that disrespects others. Also, talking about it is healthier than creating images of cuntbust—it's better to just talk and write about it.

Don't do to others what you wouldn't want done to you. Just because there have been a lot of movies showing women abusing men doesn't mean it's okay to make movies showing men abusing women. If you see the mistake, it's better to just talk and write about it rather than do something disharmonious and mentally unbalanced; don't repeat the mistake those movies made, because that's basically revenge and has nothing good, moral, or virtuous about it. And that's why it's better to just talk and write about it.

There were some "cuntbust" videos in the 2000s, but they were made by amateur girls, and that's actually kind of cool, but those creators who focus on either cuntbust or ballbust—there are many who end up being overly derogatory—and when viewers visit a site like that, they see that it looks tacky, because it ends up looking tacky. That's why you have to do

something more respectful and write more conversational text, rather than creating lots of images on this theme, because it usually ends up looking tacky.

I've met guys online who collect cuntbust videos, and that comes across as tacky, because you have to approach the topic with more respect and use conversational text so it doesn't come across as tacky, crude, demeaning, disrespectful, etc.

Whether it's cuntbust or ballbust. But ballbust has become more commonplace, and you can see that ugly, crude aspect more clearly in cuntbust—and realize that it has to be done in a more respectful way, with conversational text, just something amateurish like a playful, very amateurish fight from the 2000s with accidents, light amateur wrestling with pillows, toys, etc.—so it doesn't look ugly but rather stays more amateurish and playful, keeping it light, beautiful, and relaxed.

I'm in favor of "light ballbusting"—moderation, balance, common sense—and not something too violent or or too abusive—but rather something with more of a sexual focus. You don't need that much violence to do ballbusting; it's possible to do something with more of a sexual focus rather than focusing on inflicting a lot of harm, without resorting to extreme violence—whether physical or psychological—or extremist threats of hatred and malice. It's possible to find pleasure in these practices with moderation, balance, common sense, etc. And that's why you have to be selective about what you watch, listen to, and do.

Also, don't get addicted, don't waste too much time, and don't engage in ballbusting too frequently. Try to do it less often; don't get hooked; don't constantly seek out new porn as if there were always something new and different, etc.

Avoid becoming addicted, wasting too much time, and breaking free from the dependency of always wanting to see something new in something that has no new content—it's generally just a letdown.

Be more moderate—treat it more as an experiment, take it easier, just for learning… and control and pace yourself when it comes to entertainment.

Be careful about what you watch because there are all kinds of people on the internet, and there's no way to tell if someone is an extremist, a psychopath, or a hater just because they write or say things that are too harsh.

Some things aren't good without moderation—you have to find a balance.

The appeal of ballbusting lies in domination within a sexual context, with content that has erotic sexual connotations—watching a beautiful woman kick a man in the groin and seeing his exaggerated, fantasized reaction to the pain during ballbusting to create sexual excitement.

To create a sense of domination in a sexual context, featuring a woman in sexual attire.

Not with violent, hateful, or malicious content, but rather something with a more sexual, fetishistic, and pornographic context.

Men do have some resistance, but in a sexual context, they end up getting aroused, allowing themselves to be dominated, and falling to the ground in a reaction of pain and pleasure as a sexual fetish; but in a fight without a sexual context, he might be able to hold out longer; however, in a sexual context, he ends up getting aroused and allowing himself to be dominated more easily, because he's within a sexual context of pornographic fetishism—feeling vulnerable in the testicles, imagining them to be as

fragile as eggs—and the lack of muscular control and the sensation of being outside his own body also generates this feeling of vulnerability.

It's more of a sexual fantasy, and upon analyzing it more rationally afterward, you can see that testicles have a certain degree of resilience and mobility that allows them to rise, move, dodge, etc., and thus provide more resistance; and with a good pair of underwear, you realize they offer even more resistance.

You have to know how to do it right—to create sexual content rather than content that demeans men.

So don't go imitating the nastiness of the mainstream media; instead, go to a sex shop and buy things for the couple, so you don't keep repeating scenes of hatred and disparagement from the mainstream media.

If you're not cheating and you don't have an unhealthy, obsessive fixation on sex, then you can have sex without that unhealthy obsession and without cheating on your partner.

The problem isn't fapping to ballbust content—it's what you're watching—because there are so many images of the "villain" type that are full of malice or portray men as evil and women as violent and vengeful. And if you want to masturbate to ballbusting, watch a video that shows the imagery of these mentally ill people who degrade men, as if it were normal for a man to "rape" a woman and for her to remain abused and vengeful, kicking him in the groin just because he ran his hand over her. I'm tired of this.

It’s much better to watch a little sparring between a man and a woman, or just the woman hitting him. Both portray the man as “weak” and the woman as “strong,” and it’s more about having sex—not about promoting a demeaning image. It’s about getting spanked for the sake of sex, not to degrade the opposite sex, but simply to spice up the sexual relationship—that’s all.

It’s better to do ballbusting in a more playful way, not to teach women to be abusive, vengeful, and demeaning by devaluing men.

That’s why there are porn videos that are milder than these ballbust cartoons by Knave, which are more extreme, due to the underlying ideology of hatred, revenge, belittlement, and devaluation of men. Because men don’t want to constantly belittle themselves by saying they’ll abuse women just to get kicked in the groin—they want to have a playful little scuffle where they get kicked in the groin.

It’s a different context; there are these two contexts, and you have to know how to differentiate between them. And that’s why watching porn videos is better than watching cartoon ballbust content, which has more scenes of belittling, devaluing, and hating men, whereas in porn videos, there are porn actresses who do ballbusting more as a playful wrestling match between the two, and the man always lets himself be defeated because he enjoys this fetish—which can be portrayed differently from what you see in the satanic mainstream media and among those who follow that satanic mainstream media.

Avoid watching ballbust content from alternative media on the internet—like Knave—that only promotes evil, revenge, disparagement, devaluation, etc.

It’s better to watch videos that are mentally healthier for the ego, since the two participants are friends and aren’t devaluing or disparaging the man as evil—as if he deserves revenge, disparagement, and destruction—unlike sites like Knave, which portray men as criminals and feature a

woman taking revenge by targeting his groin, or the mainstream media, where men are devalued and only get kicked and shot in the groin. Those of us from the ’80s and ’90s saw the *Robocop* scene where the man only gets shot in the groin, etc.

In ballbusting, look up creators online who post videos with more sexual content to watch and test kicks to the groin; there are many creators who focus more on a sexual context, allowing you to test kicks, blows, etc., and test your endurance—to observe, experiment, and even engage in sex in a way that’s healthier for the ego, where it’s merely a fetish and the man isn’t being belittled, avenged, devalued, etc. You have to realize that there are these two types of ballbust: one for sexual experimentation and the other driven by hatred.

You can explore ballbusting through more respectful videos, without the hatred, violence, and degradation associated with it. Because you can endure it by understanding that it’s a mechanical process and knowing how the underwear helps the testicles rise and move upward.

For those who enjoy ballbust, it’s something they’re really into, and there are men who are obsessed with it.

And those who like cuntbust are rarer, but those who do like cuntbust enjoy many other things as well and aren’t so focused solely on that—they engage in many other different fetishes as well.

If you want to do ballbust, you have to know how to do it—which is only during sexual intercourse—and not invent things outside of that, because that’s already madness and cruelty, not a healthy fetish or sexual relationship.

If you want to do ballbust, do it sexually—go to a sex shop—and if you want to do it as a martial art, do it with protective gear and put up more resistance. To distinguish one thing from another, to separate and organize these topics, to make things clearer and more explicit, and to avoid mixing one thing with another—specifically, the technique of endurance versus being naked in a sexual context—we must keep these things separate so as not to confuse sexual content with martial arts content involving endurance techniques in kung fu.

For those who want to watch ballbusting, you have to be selective about what you watch, because there are men who draw this and engage in self-deprecation and self-destruction; it doesn't become a healthy physical and mental fetish, but rather results in a weak and unbalanced ego, failing to express ballbusting in a mentally healthy, lighter way—as merely a moderate fetish—

It shouldn't be about self-destruction and self-deprecation, resulting in a man who is mentally unbalanced in his ego.

Watching "ballbust" doesn't mean you like the women portrayed in mainstream media—full of hatred, violent, and vengeful. It means you like women who are more proactive, energetic, and dominant—but only in bed. That's something more civilized, balanced, and harmonious.

Not those mainstream media ideologies that say women have to be resentful, vengeful, and hate men, as movies generally portray.

Because of these girls who become violent, many men end up distancing themselves from such women, since they imitate what they see on TV and in movies. And they lack manners, respect, empathy, etc., toward men.

There are men who actually enjoy ballbusting, but the mainstream media only shows violence and revenge, and there are women who imitate and repeat what they see in movies—which is why some men prefer to watch porn and stay away from mean women.

Many men engage in ballbusting for a combination of reasons, such as:

the thrill, a break from routine, a form of distraction, a way to relieve work-related stress, sexual arousal from the thrill of something more aggressive, a form of adult play with adult and sexual content, a way to relieve work-related tension and stress through some distraction and fun with sexual content, a way to escape the more serious realities of life, such as work; a form of play to experience something that would be a real fight but presented as a game, like two young dogs playfully biting each other; fun, distraction, stress relief, testing one's body, experiencing pleasure, performative adult entertainment, etc.

And for those who want to learn, it's a playful way to test their bodies and learn through play. Learning through play, distracting oneself, having fun, and deriving some pleasure from the excitement—just like a child.

But adults end up learning through sexual pleasure, and children through the emotional pleasure of fun. However, adults have a way of learning to have sex that involves sexual pleasure and not just emotional fun.

Ballbusting is adult content, intended for adults, because they learn through sexual pleasure and not solely through emotional pleasure.

Adults also engage in ballbust in the same way they drink, smoke, etc.—as a form of escapism, a distraction to take their minds off work, etc.

If you do it, it should be done with care, so it doesn't become an addiction—just something you do occasionally. To avoid addiction, only do it every few weeks and not almost every day; otherwise, it will become an addiction rather than something healthier.

People should masturbate, but in moderation—drink water, take a short walk, relax, engage in mentally healthier activities, etc.

You have to observe yourself and realize that it's not good to be addicted to masturbation, and this kind of mindset helps prevent compulsive consumption of adult content.

The most balanced approach is to do it sparingly, rather than becoming addicted by masturbating every week, and to seek out more wholesome content—free from mentally unhealthy material. You have to know how to search and sift through it; otherwise, you'll end up with crap. Be careful with the egos behind adult content, as they can lead to a sick mind due to ego issues.

What's portrayed in movies is a sick mind—negative thoughts, vulgar thoughts—and things aren't really like that. There's a lot of ego in mainstream media; movies are full of ego. They inject political ideology and satanic cults that love to spread hateful propaganda in films, for demonic aliens that feed on the energy of fear and hatred.

People with a big ego won't admit it, but they love these mainstream media movies because their minds are confused and they thrive on confusion. And they tune into these movies that promote confusion. If you want to practice ballbusting, do it in a way that seeks mental clarity and organization—practice ballbusting this way, not just any way you see in the media out there. You have to be selective about what you watch, feel, and do.

You have to find balance. Some people find it too thrilling and get addicted to ballbust fap because of the intense emotions, but that can be harmful due to excess. Try to find balance—and the beauty of it is achieving balance through moderation. Try to improve your life, gradually

reduce bad habits and increase good ones, and bring balance to your life. In fact, everything should have its balance: when you're young, find balance by masturbating more, and when you're older, find balance by masturbating less. You have to find your own balance—whether that means masturbating when you see what balance looks like, or not doing it if you realize that's what balance is.

You have to know that sex is part of life, but it's not a reason to become addicted to fap; nor should you go to extremes and never want to do it at all. It's not just about having balance—it's about finding your own balance, monitoring yourself, evaluating yourself, and figuring out what your balance is. You can even fap, but don't beat yourself up if you have relapses.

Many people look into this because they want to experiment and better understand the subject.

The problem is the confusion caused by information overload; the mainstream media has portrayed everything as normal, but it isn't. You have to organize your mind and separate things, so you don't lump everything into the same category—they're different concepts.

In the mainstream media, groin kicks are generally portrayed as Satanist ideology, while in alternative media there are various types of ideas—some copy them, some find them "funny," and OTHERS view them merely as a fetishistic joke.

If you want to watch ballbust, stick to the more wholesome content—and the most wholesome videos are those featuring couples, not cartoons—because there are many artists who only draw gratuitous, trivial violence, revenge, degradation, hatred, etc., thinking it's all normal. But some content is way too heavy and filled with too much hatred; that's not normal—it's a form of psychosis.

Don't watch ballbust anime, ballbust hentai, ballbust cartoons, etc.—it's all trash because it's loaded with heavy, negative, and disharmonious egos. The best option is real, more amateur footage, because it's gentler, more natural, and lighter, etc. Generally, anime is good for watching only things with a positive vibe—not anime that copies movies where everything is resolved through revenge, violence, and low blows.

Any ballbust anime, hentai, or cartoon you see in mainstream media is heavy, tense, and negative.

And the alternative media is only good for real, amateur videos of couples who film naturally, unpretentiously, lightly, and gently when creating their videos—without copying anything heavy like what's shown in mainstream movies or anime with staged scenes.

Movies portray these scenes in a violent, vengeful, heavy-handed way, filled with hatred, etc. But alternative media—hentai and cartoon ballbust—are trash too. If you want to watch ballbust, watch real people in amateur videos, which are gentler, more authentic, unpretentious, and more human, etc.

For me:

movies are for watching dialogue, not special effects; anime is for enjoying a good fantasy story; and hentai is for admiring perfect bodies.

Ballbusting is only for amateurs—usually couples, boyfriends and girlfriends, or even some guys like katkatbbslave who have multiple girlfriends—and not just any kind of ballbusting. That's why I condemn other forms of ballbusting, such as in movies, hentai, etc., because they're pejorative, derogatory, negative, disharmonious, heavy-handed, tense, ego-driven, etc.

The best are the amateur videos—human, real, genuine, gentle, free of political ideology, etc.—and you only find that in real, human videos featuring amateurs, ordinary people, fans, etc.

It's better to watch an old, replayed video than a new one that's just trash from the mainstream media.

If you want to watch adult content and have sex or masturbate to it, you can go ahead—after all, sex is part of life—but there are ways to do it in a way that's healthier for your body and mind. It's better to watch real videos and photos of real people, because I've been following Katkat since the 2000s, and she's always been very human, natural, and sensitive. And today she's older, with a more mature appearance. She's a good person and creates good content, because her content is real, authentic, truthful, sincere, natural, etc. It's not cartoons or artificial intelligence, because that's what's unhealthy—there are people who watch adult content and cross the line of what's physically and mentally healthy. If you want to engage in adult sexual content, watch and do things that are healthier. If you don't want to, you can also practice nofap, or fap only once after several months—which is lowfap—and that's healthy too, since you can fap but do it sparingly, after one month or after many months.

The problem is watching ballbust videos and other negative content and doing so every week—this creates an addiction that's harmful to both physical and mental health.

On the other hand, watching mentally healthier adult content and striving for self-control by balancing all areas of life—without neglecting your studies, work, social life, etc.—

to lead a healthier life. Try to find your self-control, balance in life, etc. You decide whether to fap, do nofap, or lowfap for time management and balance in life.

People on the internet have a problem with following mainstream media culture and only talking about men's bodies while ignoring women's—and this upsets some people because of the discrimination and prejudice involved.

There's a woman who talks about how to practice ballbust—she explains only ballbust—but no one ever talks about cuntbust or women's groins, and that's unfair. It makes me indignant. That's why I'm talking about it. We have to point out that it exists for women too—there's also cuntbust—but know that this isn't widely publicized, and what little information there is can only be found online.

And that's unfair, but online we can at least say that cuntbust exists too, so that it's recognized that women also face the same problem as men.

And for it to be recognized so there can be justice, you don't need to do much—just acknowledge that it exists too; that's all it takes to be fair.

And that's why I'm talking a little about "cuntbust"—just for recognition; that's all it takes—nothing more than acknowledging that it happens to women too. Just acknowledging it to be fair.

You have to know the difference between ballbust fetish and hate-driven ballbust in movies. It's different—the internet is alternative media, and ballbust online is done as a fetish; you have to differentiate, because it's different from hate-driven fights or playful sexual banter online.

And sometimes there's also something more neutral, like martial arts, which falls somewhere between hate-driven ballbusting on the left and playful sexual ballbusting on the right.

You have to differentiate between these.

On the internet, ballbusting falls along this spectrum: some lean more toward hate/violence, others toward neutrality, and still others toward sexual content involving playful fetishism. You have to know how to differentiate between these things.

If you want to include a low blow scene in a movie, it's generally better to do so in a pure martial arts film and not to inject an ideology that trivializes kicking a man in the groin, because on a subconscious level, it's not really that normal—it's actually violent. Have you ever thought about what it would be like if there were groin kicks and chest punches aimed at women in movies? It would be annoying, abusive, and violent if it were outside the context of martial arts. It would indeed be annoying, because it's very abusive, invasive, and violent to include low-blow scenes in a movie outside the context of martial arts.

Many men who watch ballbusting might even get aroused by seeing some ballbusting scenes in a movie, but they know that this is outside the context of online fetish content.

The problem lies more in the film's context, because on the internet, men get kicked in the groin but it's more of a joke, since it's within the context of sexual fetish content. And in the movie, they include this to portray women as superior to men—that a man's groin hurts while a woman's doesn't hurt at all—a typical mindset from the 2000s. Everyone thought that way back then, because movies always created this image of a strong woman who doesn't feel pain in her groin, and a man who gets beaten by a woman—whose groin hurts while the woman's doesn't—which causes an inferiority complex in men due to this ideology I saw in movies from the 2000s.

It's not "fanservice," because the movies are aimed at a mass audience.

Rather, it's 1: "Sexploitation," which is the insertion of sexual or eroticized content into a work where such scenes weren't necessary, with the aim of attracting attention, shocking viewers, or boosting sales.

And second, 2: "Inappropriate sexualization," used when: the target audience is not adults; the work is not intended to be erotic; and the sexual content is out of place with the tone of the work. "The sexual content is out of place with the tone of the work"

Means that the sexualized scene does NOT fit with the mood, premise, or original intent of the work.

So keep this in mind:

If you want to see groping, groin kicks, low blows, "kick balls," etc., look them up on Google, and you'll find exactly what you're searching for.

And if you want to engage in playful sparring, it will depend on the couple's preferences—whether it's just men kicking each other in the groin or just hitting the woman—depending on who likes to play the dominant or submissive role.

And for couples who enjoy everything—doing it all and mixing it up—because they're into so many things, it's all just playful adult content like what you see on porn sites, which is easy to find on Google, DuckDuckGo, etc.

Just search the internet and you'll find what you're looking for, because there are people who enjoy this kind of sexual content—you just have to look.

In other words, I don't need ideological films with scenes taken out of context to promote the idea that women are better at fighting, stronger, good at brawling, etc.

After all, there are martial arts movies that already feature some fight scenes and low blows. If you want to see that kind of content, there were already scenes on YouTube of accidents, low blows in fights, etc., and on Google there were already some porn video sites featuring "kick balls" or ballbusting; in past searches back in the early days of the internet, this

kind of content was already around in the 2000s. That's why I don't need these ideological movies to know that ballbusting can be a type of fetish—and that sexual ballbusting done in jest is different from ballbusting motivated by ideological hatred.

Sex is meant to be playful, a way to break out of the routine, not to get caught up in the extremist ideologies of those films filled with violence, malice, revenge, hatred, and the envy of seeing others brought down, etc.

There are plenty of videos with the same theme, but just because it's a couple playing around, the vibe changes, and you realize it's just a couple who wants to break out of their work routine and engages in this kind of sex to escape the monotony of adult life—using it as a way to have fun and find pleasure through entertainment to forget, unwind, and distract themselves from the daily grind of adult life.

Respectful ballbusting is different from ballbusting done out of petty revenge. We see this in mainstream media, but there are some alternative media outlets like Katkat that were more respectful—it's a shame the couple broke up, because they started fighting over how to have sex but didn't know how to deal with each other as people. Because sex isn't everything.

If you want to do ballbusting, do it more as a playful scuffle rather than reenacting those hateful scenes from TV, because TV has been a problem with these scenes of hate, revenge, violence, and malice.

If you want to do it, do it as a playful scuffle in an environment where everyone knows it's controlled—not something hostile, derogatory, or

vengeful like those TV movies with negative themes. Do something positive, like a playful scuffle in a controlled environment.

I mention “cuntbust” because the mainstream media has claimed that it only hurts men and doesn’t exist for women, and that ends up being manipulative and unfair. They may say it hurts less, but they portray women as if it doesn’t hurt at all—as if they can endure anything, are super strong in a fight, cold, and relentless, just like robots. It’s propaganda from the satanic mainstream media.

To be sure it’s sexual ballbusting, it has to be portrayed in a sexual way—not as political ideology, politicized, or ideological, etc.

And yes, show that it’s something with sexual content—which is why I say, go to a sex shop, buy lingerie, images of naked or semi-naked bodies, etc.

And don’t go imitating those Satanist movies from mainstream TV.

If you like ballbusting, you have to know that it’s different from what’s on TV, which is mostly ballbusting content based on hate and violence—not consensual sexual ballbusting. You have to distinguish between them to understand better and not confuse the two.

Because I see that there are people online who end up confusing and mixing one thing with another that’s similar, but that has nothing to do with it.

Often, there are couples who just want to spice up their relationship, break out of the rut, and are getting older. And they’re looking to engage

in sexual ballbusting—not the hate-filled, vengeful ballbusting that TV used to show in the 2000s.

Those girls who imitated what they saw on TV did so because they were influenced by behavioral advertising on TV—in the form of subliminal messages in movies—designed to make them hate men.

But on the internet, there are many people who practice ballbusting—it's for pornographic content—and it doesn't carry the same connotations of violence, hatred, and revenge as it did on TV in the 2000s.

This type of content is meant to raise awareness and shift the vibe from one of revenge and hostility to one of playfulness and respect for the other person.

As I said, cuntbust is for those who like everything, do everything, etc. And it ends up being a sub-fetish within ballbust.

It also hurts and involves sensitivity in cuntbust, even if it's less so than in ballbust.

In cuntbust, it's harder to cause pain because the labia provide more protection, but there are men who like to see that women feel pain too—to know that they also have sensitivity and feel pain. It does hurt women a little, and it hurts more when their legs are spread wider.

Because women aren't robots—cold, ruthless, and insensitive—as is portrayed in the mainstream media.

We like women who seem more human, flawed, and sensitive. I don't like violence, but I do like a little playful sparring and lighter stuff, and I don't approve of hateful cuntbust movies—just as women shouldn't approve of those hateful ballbust movies either.

If you want to play around, let it be a game played with respect and without anything as heavy as what the mainstream media has portrayed in their movies.

These extremist, disharmonious, and sick ideologies in mainstream movies are negative. That's why it's better to watch something alternative—indie or amateur content online—without malice, without ideology, without revenge, without anything bad! Just playfulness, fun, banter, pleasure, etc.—which are good things.

You have to understand that you can have sex, but without the malice and violence of mainstream media; instead, engage in the kind of sex you enjoy in a balanced and moderate way, without the malice and violence found in movies—just sexual content without the hatred and revenge portrayed by mainstream media.

The body has sexual desire that you can act on, but you must have self-control and balance; the body is driven by emotion to have sex, but be careful not to cross boundaries or go overboard.

And also have sex with the things you enjoy, without the negative resentments or unhealthy egos portrayed by mainstream media in movies and TV shows; instead, find satisfaction through control and balance, doing things in a more harmonious, respectful, and friendly way, etc. Just do it with more respect, friendliness, and balance, etc., and not like those movies full of violence and hatred.

The problem with sexual ballbusting.

Ballbusting can be arousing in a sexual, pornographic, or erotic context, etc., but the problem with ballbusting is that some men get carried away

and cross their own physical limits, thinking they can do anything—they think they can masturbate to any ballbusting video, and they forget that there are ballbusting videos where the couple goes too far, and the man can end up injured or come to believe that ballbusting is about hitting excessively and that pleasure lies in pain.

No, the pleasure isn't in the pain, but rather in the sexual thrill and arousal of taking blows for sexual arousal and experiencing the sexual thrill of being "dominated" during sex.

For this reason, there are videos of men who shout "oh my balls!" and then "oh oh oh my balls" as they fall to the ground—out of sexual excitement, not pain.

This type of man who says "oh oh oh my balls" and shows more sexual excitement is right—unlike other videos where the guy endures more than 30 kicks, like Nyx's ballbusting, which involves a lot of kicks but ends up being just the thrill of a fight scene, not sexual excitement or eroticism, just like what katkatbbsaverz does; This guy says, "Oh!" He shows the pain of being sexually dominated and falls to the floor out of sexual excitement at being sexually dominated by his women. And he shows that you don't need to endure extreme aggression to do sexual ballbusting, and he demonstrates that he's doing it the right way—which is to focus more on emotion, body language, verbal cues, etc., to engage in sexual ballbusting without thinking he needs to cross boundaries or go overboard to experience pleasure. It's wrong for men to end up with swollen testicles after ballbusting—showing they're on the wrong path—thinking that pleasure lies in exaggerated sexual aggression and failing to realize that sexual pleasure lies in the sexual excitement of ballbusting, in things like: the woman appearing to be in control a little, the man saying phrases like "oh my balls," the man holding his testicles and making a pained face, the man crouching down almost to the floor to show that he's been dominated and humiliated by his partner. The man massaging his balls to show that it hurts and that he's been humiliated, dominated, etc., by his girlfriend, etc.

And none of this requires excessive aggression to qualify as ballbusting.

Because if it's just a bit more aggressive, he might not even fall to the ground, but his testicles could become swollen, and he might not show any physical or verbal reaction. But his testicles will be inflamed, swollen, and sore. Because that was ballbusting with excessive aggression, not sexual and erotic ballbusting.

The arousal lies in sexual emotion and eroticism, not in excessive aggression—thinking that pleasure comes from excessive aggression against the testicles—and this is something that confuses a lot of people, who think they have to be aggressive to get aroused. And they still haven't realized that this isn't how sexual ballbusting is done, due to a lack of understanding of the subject.

There are many websites that produce porn, often to keep you hooked, and that's bad because it ends up alienating you—there's a lot that's alienating in porn. Some men get addicted and forget about having a healthy relationship, coming to believe that a relationship is just about sex and naughtiness. And they forget that a romantic relationship is about being a partner, not a whore. And porn should serve more for self-discovery, not for getting lost in ballbusting, thinking these ballbusting guys—thinking that a tall man skilled in martial arts can't win a fight against a short female dancer.

The problem isn't in masturbation itself, but in the addiction and the unhealthy psychological fixation on extreme content.

There are a lot of Japanese videos that are more wholesome than American ones. American porn is more disrespectful, while Japanese porn is generally more polite.

Watching Japanese-style content is more respectful—it features real people, with their flaws, humanity, and imperfections, etc.—rather than cartoons and artificial intelligence.

Just because you like to jerk off to ballbust content doesn't mean it's good to jerk off to ballbust content for any type of adult material, since some adult content is negative and harmful, and it's better to watch real, actual human beings, because that's reality—not living out something that's not just fictional but delusional, like cartoon-style ballbust. You have to understand that adult content has limits, and you can masturbate in a mentally healthy way using real or fictional adult content that isn't delusional or hallucinatory.

It's not healthy to watch an anime character who strays from the author's story, or anything like that. There are limits, because it ends up being too heavy and falls into the same trap as mainstream movies, where all women exhibit the same destructive behavior, undermining the entire culture of all time, to convey a message that's far too heavy-handed. It's as if every woman were violent and evil for trivial reasons, and the creators want everyone to think this is normal—without realizing that it's a ploy to promote this kind of behavior.

With real people, however, this falls apart, because you can see that these are two individuals who are there to create sexual content—not to indirectly promote violence and evil—yet it's used to torment and harass young boys.

With old Japanese ballbust videos and real, actual people, this indirect threat of negative behavioral propaganda disappears, and it simply creates adult content without being a form of violence. Because they're real people—they're genuine individuals with real personalities. And not just a bunch of characters from various different movies that seem to have nothing to do with one another—all these characters from completely different films, controlled by wealthy, demonized owners who push the same extremist ideology and message in every movie or finance scenes in movies, anime, and games by other creators.

To create an ideology of violence across every possible medium he can create or finance. On the other hand, amateur creators making real videos produce something organic, real, and authentic—content that isn't intended to cause threats, terror, or real violence, but is simply sexual content without the ideological pretensions of extremist politics aimed at causing terror, threats, intimidation, and hostility, as seen in mainstream media films.

That's why it's only mentally healthy to watch ballbusting involving real people—videos made by real individuals, couples, more amateurish videos, or videos without makeup or special effects editing, which can make the video seem more threatening—because this should be done by people who look human, so as not to appear threatening.

That's why it's only good to watch real people online, because it's content where the person is being human, authentic, real, sincere, etc., and therefore isn't threatening. Because the person is truly exposing themselves and opening up online. So it's truly humanizing and respectful content. Like katkatbb, jayteebb, bunnynwolf, etc. You have to search and watch only real people.

The problem is ideological—not sexual—ballbust and cuntbust. That's why it's not good to try to show that you're superior—like some internet media does, with this "female superiority" stuff—and it has nothing to do with sexual content. Rather, it's that the person has an ideology and wants to impose it on everything, and that ruins everything, because everything becomes a reason to fight, even in a joke, a game, fun, pleasure, etc. And this comes from ideological people, and it's one of the negative aspects of the media—not creating content to entertain, but rather for unbalanced political indoctrination.

Avoid watching hentai ballbust, cartoon ballbust, AI, and other cartoon-style content, as it strays from reality; watching ballbust featuring real people, on the other hand, shows something truly more realistic, and that's better. It's much better to watch real amateur ballbust couples, ballbust performers, etc., because you'll get a better sense of reality. Even though these are people creating sexual content, it's still real—they're real people engaging in playful, athletic activities and for sexual pleasure—and it's better than any cartoon, hentai, or AI ballbust content, etc. Reality better reflects the truth, whereas cartoons can depict things that are unrealistic, exaggerated, or bizarre. Reality, on the other hand, shows more authentic behavior, even if it's just for fun, entertainment, or pleasure.

Watching ballbusting involving real people helps you avoid exaggerated ballbusting, since you can handle it—but you have to be wise and know that the body has limits; you can handle it, but there are limits. You have to respect your limits.

Don't take too many hits. As you take hits, keep an eye on your testicles and check them by touch; when they start to get more swollen, puffy, hard, etc., it means they're already starting to suffer damage, and it's best to stop so you don't go past your limit and hurt yourself.

I've had times when I went too far, and although I managed to get back to normal somewhat, my testicles remained swollen, puffy, and a little hard—which shows that I'd gone too far and they'd become inflamed. That's why you have to know how to observe your testicles so you don't go beyond your actual limits—not the illusion of cartoons, where testicles might swell as if no real damage had occurred. They might swell, but after 30 minutes of light walking and drinking water, they should return to normal, and you should feel that they've recovered well.

Real life isn't like a cartoon, where testicles can appear swollen as if it were normal. Real life is a pain when you actually get hurt. You can do ballbust and go back to normal in 30 minutes, but if you feel like you've been hurt and it takes a while to recover, it's a really bad feeling in real life. In cartoons, it's fantasy, but in real life, getting hurt is bad.

I remember ballbusting in the 2000s—there were girls who hit men in ballbusting out of hatred, repeating ideas from mainstream media, clips from mainstream movies, general accident videos, and sexual ballbusting videos were just starting to appear; they were simple porn videos back in the 2000s.

If you want to watch ballbust content, look for something more moderate—don't do anything too extreme. The truth is, you just want to experiment, enjoy sexual content, test things out, practice, get to know yourself, etc., and it's not a good idea to try anything violent that pushes beyond your limits, so you don't end up with injuries that can only be treated at a real hospital. But if you do something more modest, with balance and without going overboard, You'll be able to do it, test it out, experiment, and play with sexual content, etc., without harming yourself or others.

In the 2000s, it was much worse, more dangerous, and more hostile because there was less information. And now, by organizing your thoughts better, you can understand the difference between what is a fetish and what is pure violence.

Now we can understand it better than in the 2000s, because there's more information, and with that, we can have more humility—enough to practice with moderation so as not to cross boundaries, knowing that if you're turning red, swelling up, and getting stiffer, it's because your testicles are starting to become inflamed, and it's best to stop, out of modesty and wisdom.

After all, you don't want to act like those crazy people who go overboard and cross the line, because that's unnecessary. You have to realize that if damage is starting to occur, it's better to stop taking blows to the testicles

and wait for the swelling to go down than to continue and suffer more serious damage—all because of the foolishness of wanting to push past physical limits, driven by a stubborn and proud mind that thinks it's superior to the laws of physics.

Practicing ballbusting isn't wrong; rather, it's more about people's egos—which are full of unbalanced egos, unbalanced and negative thoughts and feelings—just like it was back in the 2000s. And today it's a little better, but back in the 2000s it was worse, because there was little good content on the internet—just a lot of negative videos, such as mean girls and hate videos—and there was very little sexual ballbusting content.

But now, people's mindsets have changed because there's an information overload, making people aware of a little bit of everything and becoming less ignorant overall. If it's good, people will respect others more; if it's bad, they'll be more violent, because people are less ignorant and the internet amplifies the egos you already have in your head.

Get rid of those unbalanced egos—we're no longer in the 2000s. If you want to watch ballbusting, watch something high-quality, balanced, and featuring real people. Don't keep watching negative content when you're looking for ballbusting material. Stick to good channels; watch videos of real, human people. Avoid ballbusting in movies and cartoons, since it's usually trashy, demeaning, discriminatory, and negative.

The problem with this type of content is the hatred, hostility, resentment, discrimination, prejudice, and violence that ruin it—content that should be presented in a more respectful way or as a more respectful joke. Unlike those trashy movies and sadistic humor that aired on TV in the 2000s, etc. There are certain things that need to be done a certain way—like a playful little scuffle—and not become violent like on TV. And ballbust/cuntbust should only be featured on sites that treat both as lighthearted fun, rather than exaggerating the violence in mainstream media with low blows—where violence is trivialized by using low blows in every fight instead of

practicing martial arts or magic. Gratuitous violence, motivated by revenge for something one didn't like, is also bad.

The problem with ballbust is when it's imbued with ideology, just like in the movies. I think the worst thing is the ideology—it ruins everything. It makes people cold and leads them to abuse others for a reason they believe is right—which is the ideology in their head and heart—and that's why they think they can do whatever they want, all because of that ideology. And it ends up mixing a joke with the messages conveyed in movies—that you have to seek revenge, that you have superior genitals, the ideology that men are always the evil aggressors and women are victims of rape—and so on, drawing from these ideologies of mainstream TV, creating hate-filled ballbusting.

And not something that's truly lighthearted—which is gentle, light, free of ideology, and free of prejudice and discrimination against men—disguised as mere sexual ballbusting, but which is actually hate-filled ballbusting.

If you want something authentically sexual, let it be lighthearted fun—free of ideology and focused solely on sexual content. Because what ruins it is left-wing political ideology.

Often, men just want sexual content—not like in these movies that portray men in a degrading light, as evil, aggressive, violent, etc., while women have to beat, kill, and castrate them as victims. Or when they portray women's genitals as superior—not just that they might hurt less externally, but that they do hurt too; it might be a little less painful externally, but women also feel pain. But no—they want to convey the image of "no balls, no pain." And all of this is ideology injected into these movies; it's intentional—they want to send this message, not just make a martial arts movie where the woman wins because she's a black belt, fighting a white-belt man. She doesn't win because of martial arts or magical superpowers; rather, she wins because of ideology, and that ruins the fun of the movies. Even magical fantasy films have this ideology—

which has nothing to do with the genre—but they include these ideological messages, and that ruins the fun of movies where a woman wins through magic or by being stronger in martial arts—like Jackie Chan, who is skilled in martial arts and wins because of that, not because of the ideology that Asians are stronger than Westerners, that kind of hateful ideology that one gender is stronger than the other simply because of their gender. And yes, she wins because she's better at martial arts—she can use weapons, etc.—but she wins through martial and military strength, not because of an ideology that portrays the other sex as superior just because they lack "balls," and that's why she always wins in a fight.

The truth is that you should approach and perform ballbusting in a lighthearted, playful, relaxed, and gentle manner. Because if it causes stress, arguments, anger, resentment, etc., that turns sex into an addictive and unhealthy habit. So replace the stress and harshness with something light and gentle.

"There's more to it, but I'll do it lightly and I won't get so worked up!" But this is the right thing to do—you don't need to stress out; instead, you should enjoy it. And I learned this as I got older. As I said, I've been watching ballbust for almost 20 years, and now I've realized this very important idea: to do things in a lighter, gentler way for the sake of physical and mental health. Because if you do it in a heavy, stressful way, you'll only end up physically and mentally ill.

The problem with many websites is political activism—they mix things up. People are online to relax, have fun, and often escape the political activism on TV and in politics, which is just boring.

But there are many performers who come from TV, so it's always best to avoid them and just watch couples made up of real people. Avoid cartoons for that reason, and it's also good to avoid hentai ballbust because watching ballbust involves too much fantasy and illusion—instead, focus on couples of real people, preferably well-known individuals who are real, amateur people rather than the industry that features a different person in every video.

So just watch more real people, real couples, human beings, amateurs—people who are there to have fun, not to push political agendas in adult entertainment. And I've realized that the Japanese are the best at this, because they're generally more humble, friendly, and respectful. Without pushing political agendas, Japanese ballbusting.

Tell those women who just mess with balls and talk about nothing but balls that they're human too and are full of flaws and imperfections. Because they're extremely arrogant, haughty, and have huge egos.

This kind of content and information is meant to help you learn how to deal with these girls who only talk about balls and are narcissistic, megalomaniacal, egocentric, and stuck-up with inflated egos—and to point out that this behavior exists in women too, though it's never publicized to the same extent. it mostly exists as a concept and commentary on the internet—1% cuntbust—and the rest only talk about balls, either as a fetish on adult sites or as outright malicious violence even in mainstream movies (which only talk about balls).

A lot of things have become a sub-niche within the ballbust niche; for those who watch ballbust, even all female and male BDSM has become a sub-niche within ballbust, because those who watch ballbust become addicted and fixated solely on that, and almost no one into ballbust knows

about other types of BDSM, like catfights and cunbust, because ballbust ended up becoming popular, while cunbust and catfights account for only 1% of those who watch ballbust—because people who watch ballbust usually only watch that, and they end up getting addicted to just that, and getting too addicted isn't good, you have to balance it out by watching other things and doing nofap for a while, to find balance and gain control.

Chapter 9: Media

ABOUT THE MAINSTREAM MEDIA

The media wants to see the downfall of men and women, with trivial and senseless fights. That's why it promotes low blows across all its media—movies, series, cartoons, TV shows, soap operas, video games, etc.—in the United States of America.

In 1960, the first "ballbust" hate films appeared, and this was introduced into society through movies. Then, in the 1980s, Americans began making many more such films; the Deep State sought to use groin kicks as a form of hatred against men. But in the 2000s, sexual ballbusting emerged, because men were tired of watching so many films featuring groin kicks; after watching so many of them, they ended up getting aroused, and ballbusting began on the internet.

Men ended up performing ballbusting in a sexual way; previously, in movies, it was more about hatred, but in the 2000s, it was unclear whether it was hatred or porn. However, in the 2020s, the final distinction emerged, and I realized that in movies it's more about hate propaganda, while on the internet—after men had recorded over a thousand ballbusting videos—I could see that something new was truly emerging.

So I make a distinction: in mainstream media, it's mostly hate propaganda, and on the internet, it's more sexual content, fetishes, etc. On the internet, there are men who just want to get kicked as a joke, without so much violence. But there are still some who are crazy and end up getting aroused by scenes of violence and women full of hate from mainstream media. If you want to see groin kicks, look for something more playful online.

So there was a split: on the internet, it's more sexual playfulness, and in mainstream media, it's more hate propaganda against men.

In the 2000s, ballbusting started to emerge in a way that I didn't know what was going on—I wondered if they were crazy. But later, in the 2020s, I realized that ballbusting isn't the same thing that appears in mainstream media; one is hate propaganda and the other is sexual content. But in the 2000s, you couldn't really tell the difference, because they were still mixed together—you could still see scenes from movies featuring groin kicks online, as well as videos of guys asking to be kicked in the groin—but now that's over. If you want to see scenes of women kicking men in the groin, it might be sexual content, but in movies, you know it's ideological propaganda created by the deep state as a form of gender warfare, division, hatred, etc.

This is a martial arts move, but that's not how it's portrayed in the mainstream media.

Rather, it's only for life-or-death fights—not for revenge, as the mainstream media portrays it. What they show is dirty.

Don’t harbor hatred toward women who repeat what they’ve seen on TV, in movies, series, soap operas, etc. Don’t hate them and don’t seek revenge, etc. That’s what the mainstream media wants: to pit us against each other in enmity.

In every movie where it was possible to include this kind of behavioral propaganda, they put it in. This made me realize that there’s someone behind the scenes manipulating human beings—namely, David Icke’s reptilians.

The mainstream media exploits men’s testicular insecurity—their lack of control over their precious genitals—to an extreme degree.

The media has replaced the slap in the face with a kick to the groin, which shows that the media likes to promote violence, sexual abuse, hatred, enmity, etc.

And not lighter, more relaxed, and healthy fun.

The mainstream media and the internet created this; it’s not something mentally or spiritually healthy—it only serves as propaganda to make the world a worse and colder place.

The media markets and promotes hatred and trivialized violence in movies.

There’s no need for ballbusting in mainstream media; this is something that should only exist on the internet and shouldn’t be included in movies, as happened in the 20th century and in past decades. Let those who want to see it find it online—it’s wrong that they put it in movies, because I don’t want to see that idea in a movie; I want to see a story. And if I want to see ballbusting, I’ll watch it online.

This shows that there's an idea of abuse and disrespect being conveyed as a subliminal message in movies and as behavioral propaganda in movies.

The media engages in brainwashing and Satanic indoctrination to inflate women's egos, so they see attacking a man's groin as normal.

The mainstream media encourages disrespect toward men in almost all of its movies, and this has already become overwhelming—it's gone too far.

The mainstream media is against men, which is why it promotes this; that's why it hammers this message home in every movie, TV series, cartoon, comic book, etc. They include this in every possible way, because the mainstream media is Satanist and linked to something sinister, as David Icke wrote in his books. We can confirm this because we realize that this isn't a normal movie—it's a movie that conveys a message of hatred toward men, and it's not normal for that to be shown on TV.

I'm tired of the media attacking men in the groin and belittling them as if they were worse than trash.

The media presents this as normal, but it isn't normal. On the internet it might even be normal, but what's shown in the mainstream media isn't normal, because it contains subliminal messages of hate—and as David Icke said, this hatred toward men and the human race is what isn't normal. On the internet, it's even easier to accept, because it's just sexual content, but in the media, it's content filled with hate, malice, coldness, etc., and they're cold because they're controlled by the reptilians who control the mainstream media.

Ballbusting should only appear on the internet for those who seek it out, not in the movies produced by the Satanist mainstream media, which use it as a way to degrade men.

There was an ad for a certain brand of cookies that encouraged kicking in the groin, and another for a soft drink as well.

This shows that it's intentional, not spontaneous. It shows that they're promoting groin kicks as something socially acceptable—they're running two ads: one for a cookie and another promoting a behavior!

It's two in one. This type of advertising isn't innocent—it's deliberate—because they put a lot of thought into creating it, rather than just copying and pasting. They created a story about eating cookies and kicking someone in the groin, all within the same cookie commercial. This shows there's a subliminal message, because they should be advertising cookies, soda, etc.—not promoting hatred, the denigration of men, or malice, etc.

The media has brainwashed us. And I was able to confirm this: a girl my age once repeated exactly what she saw on TV—she mimicked what she saw in American movies, like kicking someone in the groin—she replicated the exact behavior she saw on TV. This shows that the mainstream media influences the human mind. And a lot! A whole lot, more than we realize, and we're being manipulated by the satanic mainstream media without even knowing it.

On Orkut, there were a lot of violent girls who'd learned this from TV—from watching so much TV and movies—and there were a lot of communities on Orkut and Yahoo Answers full of silly shrews, vengeful, resentful, deluded, confused, discriminatory, judgmental, ignorant, rude, arrogant, lacking common sense, intolerant, etc.

And on YouTube, there were videos from the 2000s of some girls who had been brainwashed, because they follow the mainstream media—TV, movies, and North American TV series—which is being controlled by evil spirits. Just as David mentioned regarding the reptilians.

We don't need these Satanist movies that promote hatred toward men.

We'd discover ballbusting because the testicles are outside the body, and when researching groin injuries, martial arts, etc., we'd already find something related using Google or DuckDuckGo's image search—and we'd find ballbusting porn images even without using safe search; we'd find something anyway—and we don't need the ballbusting from hateful movies produced by the Satanist mainstream media.

I remember back in the 2000s; there were a lot of people who would say a lot of crap online to others over trivial reasons. There were even death threats—breaking someone's face and kicking them in the groin were common threats of violence, partly due to mainstream media propaganda. There were good people, but there were also those who followed the mainstream media.

There are girls who follow the mainstream media and become desensitized and unnatural around boys. There was a boy who said he was going to kiss her—some flirting, playful banter, teasing her, joking around, in good fun, just for show, excitement, a playful way of expressing himself, small talk, etc.

It's typical of young people online, and it would end up leading to this kind of groin-area violence or even fights, instead of following a path of moral growth and taking things more in the spirit of fun, sportsmanship, friendship, mutual respect, and tolerance—which would be positive behavior—rather than following mainstream media.

It teaches that everything must be avenged, and in an insensitive way—often involving kicking in the groin and cutting off penises—over trivial matters, the futility of misunderstandings, teasing, jokes, etc., because they learned this from TV.

As a result, they end up lacking love, tolerance, and compassion for men—qualities that the mainstream media lacks and actively encourages people

to abandon through behavioral propaganda. Indeed, the mainstream media and those who follow it truly lack something more noble, such as tolerance, peace, and love in the spiritual sense.

And this type of girl follows what she sees in the mainstream media rather than seeking something more sophisticated from a book, a course, or some spiritual practice, etc. As a result, instead of being tolerant and taking things more lightly, she takes it very seriously and wants to take revenge by targeting the groin, believing she has to “kill” the male sex, just as she’s seen on TV.

Women in general learn to be intolerant, unfriendly, and disrespectful toward men, etc., instead of joking around or resolving issues through conversation. They repeat the mainstream media’s mistake of being violent, vengeful, discriminatory, impatient, and unable to resolve conflicts amicably without wanting to harm men.

The mainstream media has a lot of negative content, and there are women who follow these negative behaviors.

These women need to follow alternative media and strive to be more constructive, to rely more on conversation to resolve issues amicably. These women need to consume alternative media to open their minds and realize that they can resolve issues through tolerance and friendly conversation. They need to work on improving their minds and hearts, and men need to learn to joke around without hurting them.

The mainstream media has taught women to become insensitive, cold, and indifferent toward men, and as we get older, we realize just how far the evil of the satanic mainstream media has taken us.

The mainstream media teaches girls that they lack quality, virtue, morals, etc., and as a result, they lack patience, friendship, tolerance, etc., and simply repeat what they’ve seen on TV.

The media has subliminally taught men and women to curse and commit acts of violence at point-blank range.

For example:

in the case of men, to call someone a “son of a bitch” and rain punches and kicks on them.

And in the case of women, to curse at them and kick them in the groin.

These are examples of subliminal messages in mainstream movies that we don’t even notice because we’ve been conditioned to believe that cursing and being violent are normal in society.

You can see the difference in TV shows that haven’t been as heavily influenced by reptilian ideology, such as “El Chavo del Ocho,” compared to all American movies—you’ll see that the difference in violence is brutal.

“Cuntbust” is almost nonexistent, because women generally enjoy sex and porn less.

And men who enjoy sex and porn more—that’s more a part of the male genes and less of the female ones.

Also, the mainstream media has never talked about this, and the alternative media on the internet focuses only on ballbusting to make money off men.

I remember that old movies on TV used to have more violent scenes, but they don't air as much today as they used to, because they were extremely violent. In the *Robocop* movies—does anyone remember? There was a scene where a group of men were grabbing a group of women on the street, and Robocop came and shot all the men in the genitals. I could tell that this scene was a ritual, because there was no need to do that, and it shows how the New World Order thinks—it depicted a scene of extreme violence and revenge. And that scene was even censored and cut when the movie was released online via torrent for download. But I remember seeing that scene back in the '90s, and it's different from the scene you see in the downloaded version of the movie; the original scene from the movie is more gruesome, and only those from the 20th century—born before 1990—can see this violence on TV in the original scene, which shows Robocop shooting all the men in the genitals on a sports court, where they were supposedly raping all the women.

And it shows how they view the law—that it must be enforced in an extreme, vengeful manner rather than with wisdom, intelligence, and civility.

It also paints a derogatory image of men, contributing to imposter syndrome. You walk down the street and don't want to rape a woman—instead, you'd rather talk to her civilly if you want something. Or you'd go buy some porn and entertain yourself alone.

They promote the idea that men are evil, and this creates an imposter syndrome in men and tarnishes the image of masculinity and their own self-image as men.

On the internet, it's more of a harmless fantasy, but in the mainstream media, these scenes of groin attacks are nothing but malice, violence, revenge, etc.—you have to know how to separate and differentiate between them.

You have to tell yourself not to follow the mainstream media, not to repeat what you see on TV, but rather to do what you want—and make sure it's something good.

On TV, they only show women taking revenge without any patient dialogue to resolve and reconcile; in movies, there are only these scenes of groin-targeted revenge without any conversation, tolerance, patience, etc. They've pushed this idea of taking offense and seeking immediate, swift revenge in the groin without conversation, tolerance, or reconciliation. If you cross the line, you get it right away. And this way of thinking is wrong—it doesn't have to be like that: "cross the line and you're done for," "offend someone and you're done for," and so on. These mainstream media movies only teach harmful behavioral patterns.

A movie set 2,000 years ago has nothing to do with a woman kicking someone in the groin—that's just a figment of the leftist, extremist author's imagination, not something that actually existed back then.

Some things don't exist, but you can see that these scenes are out of control—they're meant to foster a culture of insensitivity toward other human beings and promote harmful behavioral patterns.

There's nothing to be done about these groin-kicking scenes in fantasy movies, old movies, magic movies, etc., but the mainstream media is far-left and Satanist-occultist, and they insert various scenes and subliminal messages they want to put in the movie, and people can't figure out what's hidden.

The History of Ballbusting...

The history of ballbusting began in the 2000s. Before that, there were mostly movie clips and a few porn sites that pioneered ballbusting, and some crazy guys started recording amateur “Jackass”-style prank videos while fully clothed—the “Katkatbbsaverz.”

Over the years, it gained popularity. After these “Jackass”-style guys kept filming so many videos of it, they started making videos with less clothing and more explicit content. But before that, there were very few porn videos featuring ballbusting—mostly just videos of “Jackass”-style guys doing it—and it wasn’t until the 2010s that it really started to take off, because people realized it wasn’t just “Jackass”-style ballbusting anymore, but actual sexual ballbusting...At first, there were only a very few websites that featured ballbust, and then it became more popular thanks to those “Jackass” guys who started recording sexual ballbust videos; other guys imitated them and began recording sexual ballbust videos with their girlfriends as well, leading to more sexual videos on the subject, and sexual ballbust porn emerged—not the violent, hate-filled ballbust portrayed by mainstream media.

There’s been an evolution in groin attacks and a distinction between the sexual ballbusting enjoyed by guys who like to watch it online and the hate-filled ballbusting that mainstream media portrays in movies, which uses violent, hate-filled content to promote anti-male behavior.

Men don’t need to watch movies anymore to satisfy this sexual fetish; if they want to see it, they don’t need scenes of violence, hatred, and abuse of men.

If they want to see this, there are guys who make porn videos, and it’s much more civilized to watch these guys doing ballbust porn on the internet. Because it doesn’t have the embedded propaganda of evil and violence from this satanic mainstream media, which keeps inserting subliminal messages and behavioral propaganda to make people become violent, hateful, and malicious toward men—and women as well—because they want to see the circus go up in flames with fights and hatred over trivial violence.

There are movies with excessive, brutal, trivial violence, etc., and this shows that they're satanic movies, because they're out of context—unlike martial arts films, which have a slightly nobler motive, so to speak.

In these movies, there's nothing but kicks to the groin—they show no respect for anything and ignore everything! They show no respect for the situation, the setting, the people, etc.

It ignores historical facts—that in ancient times it was more common to wear skirts, and revenge was carried out with swords or knives, not with kicks to the groin—making such scenes completely out of place in a historical film.

This is the product of the sick minds of the powerful, who subliminally slip low blows into every movie and create films with scenes that never actually happened in history, etc.

This is something created recently in the 20th century by TV advertising culture, which brainwashed people, and today the manipulation continues, but they're doing what they can.

The solution is to be selective about the porn you watch online

try to watch more intellectual content, where you see more human porn videos rather than images from sleazy artists who create cartoon ballbust, hentai, etc.

Because almost all of that is trash, and it's much better to watch videos of real people than to watch cartoons, where the porn is more fantastical,

exaggerated, and generally more sickening. Porn videos, on the other hand, are clearer, more real, more human, etc.

Because you're seeing real people, and it's more human; cartoons, on the other hand, create something that's mostly sick, derogatory, demeaning, etc.

Cartoons grab your attention with fantasy, but they're not good. Real videos, on the other hand, are always better, because, in general, people are more authentic.

That's just how the world is—I don't know what it is, but American movies have created a culture where people think a groin kick only exists for men and doesn't exist for women because they don't have "balls."

What this really is, though, is just the prejudiced and discriminatory culture of the mainstream media—showing it only when men do it and claiming it doesn't exist for women. That's unfair, but we shouldn't add to the injustice by making a movie just to show women kicking in the groin. That'll just be talked about—nothing more—at most, a video on Odysee, Rumble, YouTube, etc.

To show that this exists in women and that the media engages in gender discrimination. This should only be shown in martial arts movies and for both genders, rather than just creating a low blow in a movie out of context and always targeting only men.

It should only be shown in martial arts movies to stay within the context of physical combat films, and it should also be shown to women so as not to discriminate against men.

And it shouldn't be shown in other movies with the intention of promoting this, targeting only men, and then, when a low blow is aimed at a woman, claiming it doesn't hurt because she doesn't have "balls."

This was propaganda created by the mainstream media to foster discrimination, and it's unfair.

That's why it should be included in the context of physical combat films—hand-to-hand combat, like Jackie Chan's—and for both genders.

But the mainstream media has consistently ended up, in every movie, showing scenes of vengeful, cold, and hateful women attacking the groin with extreme cruelty—through kicks, gunshots, stabbings, etc.—and within this context of revenge films, that is already malicious in itself.

And because so many American movies feature these scenes, they've created a culture where women feel they have to take revenge on men by targeting their groin for trivial reasons.

Because of the influence of American movies—which feature so many scenes of trivial violence to the groin—there are women who have been influenced to act rudely and coldly, kicking men in the groin, because they've learned to be cold-hearted from these mainstream media films, which only show women delivering low blows to men in almost every movie—precisely so that women will repeat this behavior in real life.

And you can see that there are several movies where low blows are delivered for trivial reasons, and there are a lot of women who repeat exactly what they saw in the mainstream media—which shows women attacking for trivial reasons and out of revenge—and there are a lot of women who follow what they saw online and imitate it in real life.

Mainstream media doesn't teach martial arts to both sexes to defend against armed assailants; instead, it teaches only low blows to men—and only for trivial revenge—and always claims that low blows don't hurt or don't exist for women, and that they only hurt and exist for men, because women don't have "balls" and are therefore superior and stronger in winning a martial arts fight.

The mainstream media always portrays women as stronger, more violent, and colder, while claiming that low blows only hurt men. And this is a tremendous injustice that the mainstream media perpetrates in movies in general.

It’s normal for animals of the same species to court each other and be accepted or rejected; it’s only among humans that there’s so much violence, cruelty, and holding grudges for revenge. Because we’ve been brainwashed by the mainstream media to encourage the monstrous side of human nature, and no movie has ever been made where a man courts a woman and is rejected with love, tolerance, respect, etc. It’s always behavioral propaganda promoting violence, holding grudges, and seeking revenge—fueling fear, mistrust, and hostility between the sexes. They promote this as the easier option rather than a conversation, which requires more effort in terms of tolerance and empathy.

The mainstream media always wants to portray men as inferior—but also as weak, feeble, spineless, ridiculous, suckers, etc.—and always wants to show women as relentless, strong, cold, and independent black belts in martial arts.

But they don’t realize that spiritualists know that this portrayal of women in movies corresponds to the profile of reptilian women—not women of other races, who always prefer to resolve issues through conversation to avoid conflict. Reptilian women, on the other hand, are ruthless and violent, just like the women portrayed in mainstream media. The globalists behind these films know full well what kind of extraterrestrial race they’re portraying in their movies.

I believe there are groups making these films, and they pay to have certain elements included in other people’s films. It’s rare for a film not to be funded by anyone; they say that for *The Passion of the Christ*, Mel Gibson had to pay for it out of his own pocket and was still harassed for

creating something that was outside the agenda of these wealthy, misanthropic Satanists.

There are films outside the mainstream system that are targeted, go unfunded—indie films, amateur films, etc.—such as *Walking Life*, for example.

There are problems with following the mainstream media's ideas, as they contain subliminal messages of ideology that are disharmonious and destructive.

You have to understand that there are various different groups that think differently about groin kicks in movies and even more so about hatred—precisely because the mainstream media is satanic—while on the internet there's more sexual content on these porn sites.

In martial arts, it's more formal—there's neither hatred nor sexual content, but rather more formal content; everyone knows how to fight and decides what they're going to do, and they'll be judged by their actions.

In movies, however, the content is truly hateful, often in the form of subliminal messages, intended to disparage, incite violence and revenge, and instill in women a desire to hate men and take revenge by targeting the groin.

On the internet, most content involving groin kicks comes from ballbust fans, who enjoy watching groin attacks as a fetish—this started in the 2000s, and by the 2020s it had become mainstream, with several porn actresses now performing ballbust scenes, because groin attacks have become a formalized fetish and a staple of pornographic content.

It’s a problem that the media exploits men’s groin in almost every movie by incorporating this, claiming that it doesn’t hurt women at all, and that women are always stronger in almost every movie, and so on. It’s a lot of manipulation, behavioral propaganda, and so on.

The mainstream media wants to normalize groin violence as ordinary; it includes scenes designed to desensitize, normalize, and trivialize it, etc.

It shows scenes of violence motivated by malice, insensitivity, and treating life as trash—treating genitals as trash, treating a man’s life as disposable trash, and so on—these are some of the ideas they convey in movies: treating hatred as normal, trivializing violence, and desensitizing people to empathy, respect, friendship, and so on.

It seeks to normalize sexual abuse, normalize the devaluation of life, normalize hatred toward men, etc.

The problem can only be solved through dialogue and constructive criticism, but TV lacks communication, resorting instead to street brawls and destructive criticism that consists solely of name-calling and justifying revenge through destructive criticism.

The mainstream film industry has nothing to contribute to this kind of negative way of thinking and behaving.

It accuses as a form of destructive criticism and does not address the mistake to resolve it; instead, it keeps accusing, criticizing, and seeking revenge. This behavior in mainstream media films adds nothing, as it lacks constructive, conciliatory, tolerant, respectful, and empathetic dialogue with men. And all this violence is because they intentionally included it in the movies; there’s no need for such vulgarity and low blows in films—it’s consciously embedded as a form of behavioral propaganda. To encourage

women to act vulgarly, savagely, and resort to low blows by imitating movies.

You have to understand that the internet highlights what's most addictive, gets the most views, and sells the most. That's why "cuntbust" is rare and "ballbust" has more content.

Because on the internet, people create more content around what's most addictive, most viewed, and selling the most.

And cuntbust—it hardly sells at all; it's really just for a sub-niche of men who aren't so "macho," so to speak, and who know that women also experience pain and suffering in the groin. And they know that the creators of ballbust will never showcase this sub-niche, because it's not commercial—there are things that are more commercial, like ballbust, and other things that aren't commercial because they're purely scientific.

And people want something that gives them some pleasure, not the knowledge that women's groins feel pain too. That's why cuntbust doesn't sell—it's not commercial, but merely scientific. Ballbust, on the other hand, does sell, which is why it's become a commercial phenomenon on the internet—even though the videos depict scenes of violence and hatred. There were men who got turned on by it and started creating adult content based on it; they saw that it sold well and turned it into a commercial phenomenon on the internet.

Mainstream media always portrays women as super strong, cold, and violent. And this is propaganda from mainstream media—always showing women who are good at fighting and dumb men getting kicked in the groin. And this is propaganda without people realizing it, because it's subliminal.

Women also feel pain in the groin, and women aren't made of iron who can endure everything like they do in the movies. In movies, women are portrayed as super strong, cold, and insensitive, but that's not the truth—it's propaganda that globalists promote through movie scenes.

Don't just accept this "culture of normosis" as normal—not everything shown on TV is normal. They portray various types of violence as normal, and in movies, they make it seem normal to deliver groin kicks, gunshots, and explosions as if everything were perfectly ordinary. You can see how this ideology is conveyed—there's no dialogue or understanding, just action, violence, and so on.

They treat the people watching as if they were savage animals who lack the humility to have a conversation and refrain from acting like animals—like those fighting in the jungle, where there's nothing rational or enlightened. They want to portray us as if we were animals in the jungle.

The mainstream media does this as a form of exaltation, glorification, and behavioral propaganda for violence in society—cursing at men and groin kicks for women—in mainstream movies.

There are women who are crazy about ballbusting, but they show their faces and are authentic.

And in these mainstream media films, the creators don't show their faces; they hide while funding film scenes designed for social engineering—a part of human history—and that's the real problem.

On the other hand, some silly, crazy, stupid, and idiotic women who show their faces are authentic, because they're human, flawed, and so on. Mainstream media, however, is a serious problem, because these globalist filmmakers are influenced by demonic spirits.

In general, the mainstream media only teaches women negative things in a subtle way, and they buy into it because they feel hurt, become filled with hatred, and believe they should treat men badly to get revenge in one way or another.

The mainstream media promotes an extremist occult ideology that portrays women as ruthless and invincible, and sells the idea that not having "balls" doesn't hurt at all—no pain, no harm. And it portrays men as clumsy and stupid—who always lose everything just for being men.

This ends up creating a heavily extremist and coldly robotic image of women in our society, rather than a truly human, natural, and sensitive one.

And these mainstream media films implant these extremist communist ideologies into the minds of children and teenagers, leaving them traumatized.

That's why it's much better to watch anime like Pokémon than other movies aimed at adults, which are full of occult extremist ideologies and glorify genital violence for the sake of triviality.

The 20th-century society that accepted and normalized violence in movies—humanity as a whole will pay the price for glorifying violence as a joke and for desensitizing people to violence through prank shows featuring groin-targeted violence that aired on mainstream TV. This shows that humanity has accepted becoming desensitized and has accepted the trivialization of violence.

It's not okay to laugh at the jokes and comedy scenes that aired on TV in the 20th century; it's not funny—it's malicious, trivializes violence, and fosters social desensitization, etc.

It's as if cruelty were normal—and that's not common sense or sound judgment—these movies where everything is a violent joke or nothing but pure violence. And that's not wise.

Why aren't there any proper cuntbust websites? Because even my own peers generally find it kind of gross and weird. And the mainstream media only features ballbust, which is why cuntbust will always be rare—you just have to accept that's the way it is. In general, this kind of content is only found on the internet, with 99% ballbust and just 1% cuntbust. It's like this because ballbust is more commercial than cuntbust.

Even if mainstream media promoted more cuntbust in movies, ballbust is more commercial for the adult content industry. There's not just more ballbust because of mainstream media, but also because men watch more porn than women, and they enjoy sex more than women do.

There's a lot of bad stuff on TV, and they could make movies differently. But they make them in a way that promotes destructive behavior, rather than teaching conversation, communication, and more positive things.

What does the mainstream media want to achieve with ballbusting as a form of subliminal hate?

They want women to feel hatred, revenge, anger, mistrust between the sexes, a war between the sexes, enmity, destructive competition, destructive behavior, and other forms of negativity.

And for us men, they want us to be at odds with these women, to be at war with them, to be afraid of them, and to feel stress, frustration, and anger.

This type of content must be approached with respect; it's not a joke—it's treated as a joke because of the trivialization of violence, but it isn't. Rather, this subject must be addressed with care, respect, and thoughtful dialogue, etc., so as not to make the same mistake as the mainstream media, which trivializes violence.

Cuntbust/ballbust should be done in a light, gentle, slow manner, etc., so that it fits within the context of playfulness. Because it is a heavy subject by its very nature, it must be handled gently. If done harshly, it may not always be violence, but it comes across as unbalanced and unhealthy.

The mainstream media has even turned low blows into a far-left political issue—just to show you the sick extent of what these Satanist financiers are capable of and what they do in movies.

If a low blow were included in a martial arts movie, it would be within the context of martial arts, and in a sex movie, it would be within the context of sex.

But to shoehorn this into a movie that has nothing to do with it, just to disparage men and also indirectly disparage women's morality—this shows that the mainstream media is steeped in far-left Satanism, deeply rooted in this kind of behavioral propaganda.

It wouldn't be fair to have low blows directed only at women in movies right now—that would be just as bad. What should be done is to portray this within the appropriate context of a martial arts movie or a sex film. And not through subliminal behavioral propaganda in movies outside that context, or by using a pretext to include low blows and cold, robot-like women.

It's sad—you can see that women practically always win the fight against men, no matter if it's two against one; they always win, never show any feelings, and are extremely violent and merciless toward men in movies. There are many movies that have peddled this behavioral propaganda. In almost every movie, women are portrayed almost identically—always as extremely violent and combative in mainstream media films, kicking men in the groin, shooting them, throwing bombs, and so on. It's always the same leftist political ideology; only the movie's title changes in these mainstream media productions. We can see this ideological mindset of mainstream media financiers in "ballbust movies." Not all ballbust content is bad, but the kind that carries these ideological views—that's the bad stuff.

There's a problem with having so much ballbust and cuntbust in movies as if it didn't exist or didn't hurt—because there are no balls. And this has created injustice, dogma, and a power imbalance. Because there should at least be cuntbust in martial arts movies, where it would be a fair fight, but not even that exists in mainstream movies. All because of the ideology of portraying women as superwomen and relentless.

The only cuntbust content available in the 2000s was a handful of videos—all amateur footage of pranks and accidents.

And videos of sexual cuntbust were rare; I saw that there was a couple who enjoyed everything and made a cuntbust video, but the focus was on sexual ballbust in abundance, and other sexual content was rare—this couple did a little bit of everything. This is what made cuntbust always less well-known, limited only to people who enjoy all kinds of BDSM content. Ballbust, on the other hand, is better known in porn, and generally, people who like it are only into BDSM content. There are these differences.

People on the internet can't even joke around, have fun, or relax anymore; they can't even do sexual ballbusting—everything gets tied to political ideology. There are plenty of videos and small media outlets that inject leftist ideology, philosophy, and culture into ballbusting, and people can't even experience sexual pleasure anymore.

Because they don't present it as playful sexual content; these extremists are trying to convey a message of revenge and violence, as if it were a matter of enmity—as if you have to hate men—and things like that. And we can see that a lot of what's in these media outlets is negative ballbusting.

It's not like positive ballbusting, which is simply focused on sexual content, without these extremist ideologies.

There's a considerable number of people who engage in sexual ballbusting purely for pleasure and entertainment. If there's a beautiful woman and you're bored, you find something to entertain yourself and take your mind off things with this adult fetish content—just for pure entertainment and distraction, to break out of the routine. There's nothing serious about it—just pure entertainment.

The mainstream media is prejudiced and discriminatory; it portrays women as having no fighting ability in movies, showing them only winning with low blows, and it doesn't feature women who actually have fighting skills and engage in fairer combat or fairer martial arts. They don't show a fair fight in the movies—it's just behavioral propaganda—because what's portrayed in the film has nothing to do with an artistic fiction film, where each movie features a different woman with a different personality, different martial art, different behavior, and so on.

But no—in every single movie, all the women behave the same way and fight the same way, knowing only how to kick in the groin, and it's the same thing in almost every single movie.

There's nothing different in terms of behavior, martial arts, magic, weapons, etc.; there isn't a single movie that portrays truly different, unique, and authentic behavior. There are almost no exceptions for superpower/magic/fantasy movies, and even period films don't accurately reflect the historical era.

There have been times when a girl exposed her breasts, and I didn't kick her in the groin or hit her breasts out of senseless violence; I don't accept this ideology as normal. Just because a man made a sexual advance, the mainstream media thinks it's justified to kick him in the groin—as if senseless violence were acceptable. I don't kick a woman in the groin just because she says or does something sexual; it's happened to me that a woman exposed her breasts.

The ones who promoted this ideology of hateful "ballbusting"—along with discrimination, prejudice, leftist ideology, etc.—were the mainstream media. As alternative media, we need to show more empathy,

consideration, care, respect, friendship, etc., toward others—as positive, alternative media.

In this example—where a girl shows her breasts to a boy, and the boy performs a hateful titbust on her for a trivial reason—if the boy imagines doing this, but doesn't actually do it—just imagines it— he'll understand that doing that to the girl is wrong, and he'll also see that the hateful "ballbusting" by the mainstream media isn't respectful either—because when he imagines the boy doing something mean to the girl, he'll realize that it's disrespectful, and when he sees that it's disrespectful

to do that to the girl, he'll realize it's also not normal to do that to the boy. So what the mainstream media does is present something negative as normal, creating this negative behavior as if it were normal—they portray this behavior as if it were normal, but it isn't; rather, it's negative behavior in disguise.

I realize that many of these scenes in the mainstream media are actually a form of behavioral propaganda and brainwashing. Many of these women in the early 2000s imitated what they saw in the mainstream media, and many were brainwashed and copied this behavior at nighttime parties in general and on school campuses. A woman who no longer has anything good inside her thought this was normal and found it easier to internalize the underhanded propaganda in these movies. This was more common in the 2000s and earlier, since TV was the only option. And I see that many of these women probably no longer have anything good inside them; they lack God, feel empty, and are filled with negative thoughts—thoughts that were instilled and amplified by TV back in my day, the 2000s.

Chapter 10: Martial Arts

Martial Arts

The testicles need special protection because:

the testicles are outside the body and the ovaries are inside the body, which is why men need more protection than women. They need tight or reinforced underwear.

Men also have to defend themselves and strike back to protect themselves from violent women, because

there are women who are more violent than men.

And men must use martial arts to defend themselves against violent women as well—use martial arts to immobilize, take down, and push away. Without seeking revenge or acting violently, but they must use martial arts to defend themselves, not to seek revenge or be violent themselves. It's more about immobilizing, taking down, pushing away, etc., and not about breaking or destroying others.

With a firearm, you'll think about shooting someone and you'll kill them.

But with a pair of underwear, it's purely defense, not attack—you just feel safer without having to attack anyone.

It's purely defense, not attack.

You don't need to attack—unless you've been injured—and that's why it's important to wear tight underwear to protect yourself so you don't have to attack; and if you do attack, it's more to push the person away rather than to be violent like they were toward you. It's not about acting like the person who's being violent, but rather knowing how to defend yourself by restraining the aggressor without becoming violent yourself.

Be careful of sudden, violent movements.

Switch to defense or flight mode—to run away or defend yourself against a blow, such as a kick to the groin, which is like a gunshot: it's violent and destructive, just like a gunshot.

A kick to the groin will cause you harm, which is why you need tight, reinforced, and convex underwear—or underwear with EVA foam padding. This cushions the impact so it doesn't hit you directly.

You don't need to have a perfect defense to become Superman; rather, you need to be able to withstand a few blows to defend yourself or run away. Don't strive for perfection—instead, build up your resilience, and your self-esteem will improve as a result.

You don't need perfect defense. If your testicles were inside your body, they'd be perfectly protected, but you don't need to be perfect—get that weight off your back, that worry. Don't strive for perfection; just boost your defense with reinforced underwear.

As for NoFap, the whole point is to avoid affecting your mind and conditioning your brain to something negative—which creates egos and unpleasant thoughts that are hard to shake. It's not about being afraid, but about being more careful.

Many martial arts instructors teach incorrectly; they end up teaching students to seek revenge when they feel upset, rather than teaching them to understand and be tolerant of others. They only teach students to become violent—and not just when they're actually attacked. This, in turn, leads to more wrongdoing: students do the same thing, make the same mistake, and end up making things even worse.

A groin kick is for self-defense, not because you feel offended and lack the patience to resolve a problem through conversation.

There are a lot of women out there full of malice; they're filled with hatred inside, and that's why they think only of violence, revenge, and negativity in their thoughts and feelings.

Martial arts are meant to restrain, immobilize, and defend oneself—not to be excessively aggressive, which turns into violence. What we see in all movies is violence, not martial arts—with the exception of martial arts films like those starring Jackie Chan. Aside from that, most mainstream movies are manipulated and infiltrated by reptilians or demons themselves. That's why we see women delivering groin kicks out of violence, revenge, coldness, and malice—it shows a refined cruelty and has nothing to do with martial arts, since martial arts do not preach extreme violence, hatred, revenge, or inflicting harm on others; it's these Satanic mainstream media films that preach such things!

It’s easier to be violent and go around beating people up than to be more moderate and precise; it’s easier to act like a pit bull, but you’re not an animal—yet there are people who prefer to be animals rather than rational beings.

The mainstream media teaches that the easiest thing is to go around beating people up without any patience, without paying any attention, without engaging in conversation, etc., because it’s easier to act on impulse, and people are too lazy to do something that requires more effort, like stopping to talk things out.

If you have to fight, then use martial arts as a gentle art—with moderation, common sense, balance, harmony, understanding, etc.—and not as self-defense that involves beating someone up and then claiming it was self-defense, when it’s actually full of hatred, revenge, violence, and hidden malice in the unconscious heart.

The understanding that you can’t solve everything through force alone.

You should learn martial arts so you can master a variety of strikes, holds, takedowns, etc.—not just low blows you’ve seen on TV or online. You have to learn something so you don’t act like a jerk toward others.

They should portray more balanced fights in movies, because in movies, only the woman hits, and the man doesn’t hit back, doesn’t run away, and doesn’t defend himself.

He just takes a beating and does nothing; it should be more balanced, with both sides trading blows in a fight—something with a better balance of power. But movies only show one-sided scenes; in 20th-century films, there were only ballbusting scenes meant to degrade and express hatred. They didn't need to include cuntbusting scenes, but at least they could have shown a fairer, more balanced fight.

But these movies ended up going overboard, including scenes that were more about degrading men than a fair and balanced martial arts fight—something more technically martial from people who know how to fight—making it more of a cultural expression of martial arts practice rather than violence, degradation, scenes of revenge, etc.

It's not about constantly attacking and hitting others; rather, this technique is really just meant to be like Draciel—it's more for defense, to build endurance, etc. It's not for attacking or seeking revenge, but rather for seeking tolerance and dialogue; attacking only to defend oneself, not to seek revenge or vent anger violently, but to vent by speaking up and arguing at most.

Seek to defend yourself for the sake of defense, not to defend yourself in order to attack. And try to express your complaints through words, not by insulting others.

Don't look for excuses to beat people up and hurt others; channel your aggression into sports, fighting games, martial arts training, or running—there are so many ways to express that aggressive energy without having to become violent or harm others.

In martial arts, there are people with ego problems who think they can beat others up, beat them until they bleed, break their bones, etc., for trivial reasons.

They think it's normal to hurt others and act as hostilely as an animal in the jungle—which often kills over territorial disputes and conflicts. They act just like a vengeful chimpanzee and forget that they are rational, communicative human beings.

Martial arts have a problem because, in reality, they lack power. I watched "Dragon Ball Z," and the characters there have real power, but those who only have normal, real-world training don't have that power. In anime like "Dragon Ball Z," they have real power—and that's cool—but just training in kung fu won't give you superpowers, and it's kind of boring, because you can't defeat someone in a clean sweep, and in a fight you'll end up having to knock the person down rather than immobilize them with magical superpowers. In real life, you end up acting like a trained animal—like a fighting rooster—and not like something magical and fantastical like in *Hunter x Hunter*, *Dragon Ball Z*, *Saint Seiya*, etc. where you can win with more style, and not like a fighting rooster, which just knows how to keep hitting until it knocks the other one to the ground, destroys them, etc.

Martial arts don't have superpowers like in anime and cartoons, so you have to have self-control to try not to be violent. In cartoons, you can generally just lower your opponent's ki, but in real life, you end up having to knock them down—and to do that, you end up acting in a more mechanical and physical way, which makes the fight look ugly. In "Dragon Ball Z," on the other hand, there are fights where if you lower your opponent's ki, you've already won. But a police officer will have to shoot, and martial arts aren't as rosy as they are in anime. And you don't have superpowers like in anime, where you just lower your opponent's ki; in

real life, you'll have to use punches, rubber bullets, batons, etc., to nearly kill them to stop them, whereas in anime, you just lower their ki.

That's why martial arts in real life aren't as cool. So don't think you're some "badass" just because you're a martial artist—you have to realize you don't have any special powers, just your own strength.

Real life is different from the superpowers in anime; unfortunately, there are no "Seeds of the Gods" to heal the injured, and no Dragon Balls to resurrect the dead.

The truth is, there are people who start fights because of misunderstandings and confusion over trivial matters. And they kick each other in the groin for these reasons. They become violent, thinking they've been attacked, and strike to kill. If this were in "Dragon Ball Z," they'd just lower their ki and then eat a seed of the gods. But in real life, what happens is that people fight and get beaten up, and they don't realize that life isn't "Dragon Ball Z" and that life isn't the movie they saw on TV—and they don't realize that the man isn't an aggressor, isn't a criminal, isn't a mugger, isn't a thug, isn't a rapist, etc. He's simply a man who did something unintentionally—by accident, as a joke, etc. She fails to grasp that what she saw in the movie is propaganda promoting a certain behavior, misrepresenting, distorting, and demeaning the image of men. She's projecting the image of a mugger or rapist—the one she saw in the movies—onto a man who is merely teasing or playing around with her.

And real life isn't like "Dragon Ball Z," where you fight but then recover with the seeds of the gods. In real life, if you get stabbed in the penis or testicles, etc., you're crippled—unlike in "Dragon Ball Z," where you recover, come back to life, etc.

The strongest beings aren't violent, because they already have so much power that they don't need to resort to underhanded tactics to win a fight; rather, they have so much power—so much power—that they sometimes become invincible, while the other person is so ordinary that they're unable to defeat them. This is seen in some anime, which illustrates what the spiritual world is like—a realm where beings from higher dimensions no longer have the same physical body but exist as more energetic forms, and it's impossible to destroy them because they possess an extremely high level of power. It's different from humans, who are weak; there are beings on a much higher level. And anime have taken this concept and incorporated it into series like *Dragon Ball Z*—there are beings so strong they can even withstand rifle fire because they're on such a high level. It's something to think about and reflect on: the level of superhuman power that exists in the spiritual world.

The problem isn't getting kicked in the groin in a martial arts movie; it's something we can agree on—we shouldn't include it in a bunch of movies just to encourage violence, hatred, revenge, and so on in general.

Some people are more intellectual and know that the mainstream media uses subliminal messages for behavioral propaganda—as a form of social engineering—to make people more desensitized to violence and evil in general.

But there are alternative media films like *Walking Life*, which has a good story without needing to be overly heavy or violent, etc.

The mainstream media has a problem with Satanist ideology. I've seen content like *Invincible* and noticed that it depicts underhanded tactics—and that's Satanist ideology, because you can sense it—and I was able to

confirm this even more through the excessive violence. And it's not like *Saint Seiya*, where there's violence and a lot of blood, but it's all within context, without any Satanist, communist, progressive, or left-wing social movement ideology. It's simply about telling a good story and conveying some life lesson—like friendship and overcoming adversity—as in *Saint Seiya*. In contrast, other works—such as American movies and cartoons like *Invincible*—already feature, in the very first episode, the glorification and promotion of bloody violence, evil, revenge, and groin attacks outside the context of pure martial arts films, etc. And there are people who are wise enough to sense that this cartoon is negative and of the darkness; whereas with "Static Shock," I noticed there was fighting, but it was lighter and God-centered. I know I sound silly talking about being of the light, being of God, etc. But that's the truth: many cartoons and anime from the past had good stories and didn't promote so much evil, coldness, cruelty, wickedness, etc., influenced by dark forces. And there were plenty of anime and cartoons featuring fighting, action, gunplay, etc.—even blood and death—but it was all to save the world, rescue the princess, or capture the villain. There was something of God in them, without a religious slant—I'm not preaching any religion, but rather talking about having God within, just that. And old cartoons and anime from the '90s had more of God in them, like *Saint Seiya* to protect Athena, *Dragon Ball Z* when Goku saves the world several times to protect everyone, and so on.

Other cartoons, like "Invincible," on the other hand—I saw only darkness within them; they promote only negative ways of thinking and feeling, disharmony, and a lack of God within. And I realized this major problem: Satanism in mainstream media and in this cartoon, which glorifies ugliness, glorifies violence, normalizes violence, and promotes a heavy, negative vibe, etc.

According to Melanie Klein, she has spoken about the envy directed at beautiful art—denying it, distorting it, deforming it, and rejecting it—thereby creating something ugly, derogatory, ideologically left-wing, heavy, filled with hostility, discord, and so on in art.

This destroys the true purpose of creating art, which is to tell a good story with a life lesson at the end—not to promote leftist ideology through art by including cold, relentless violence, underhanded acts of revenge, and endless street fights where one character brutally destroys another, glorifying evil as if it were “invincible.”

If it must involve bloodshed, it should be like *Knights of the Zodiac*, which in the ’90s featured fighting but did not glorify evil or bloodthirsty violence, etc. The anime showed that, despite plenty of fighting and action, you could sense it wasn’t driven by malice, glorification, ideology, revenge, etc. Rather, the fighting was motivated by a desire to defend beauty, goodness, and justice. You can see the difference between “Invincible” and “Knights of the Zodiac”: one glorifies bloodthirsty violence, while the other champions justice and features action without degradation, malice, or vengeful violence—instead, it’s about fighting to save a friend and save the world. The emotional energy it conveys is entirely different.

That’s why, when creating any work, you have to keep this in mind. You must not accept these financiers or the influence of third parties who want to insert scenes of underhanded tactics, revenge, bloodthirsty violence, etc.—motivated by malice, the glorification of violence, the distortion of beauty, and the insertion of leftist revolutionary ideology into the work.

Many people like Pokémon, not because they’re childish, but precisely because it isn’t so heavily laden with satanic leftist revolutionary ideology—without so much distortion of beauty, without disparagement of the human race, and without a message opposing goodness, beauty, and so on. It creates something uplifting that has God within it.

It’s sad to see the mainstream media promoting movies like this—just like in *Robocop*, where the man is blamed for any mistake he makes and is

portrayed as the villain of the story, who must be killed rather than treated with more tolerance so they can talk it out. He's always portrayed as completely in the wrong, someone who must be destroyed in the end and killed.

Those who know, know—and I am an eyewitness to what was shown on TV in the 1990s in the movie *Robocop*, where the robot abused and killed a whole group of men for trivial reasons; they could have been more tolerant toward those men if there had been any true spiritual element in the film.

It's important to have self-awareness, because there are many women who don't even know you and yet already judge you, condemn you, and seek revenge—as seen on TV in the 2000s.

TV has distorted reality by creating an extremely negative image of men, and this has been imprinted on the unconscious minds of many women by their egos.

The problem with self-defense is that you think everyone is going to attack you to the death and that you have to fight at all costs.

They exploit fear to sell courses, just as PUAs do by preying on the insecurities of men who aren't familiar with the red pill, philosophy, and spirituality.

Self-defense ends up veering into paranoia, driven by fear and the desire to sell courses. And any sneeze, bump, accident, collision, stumble, laugh, nervous tic, etc., is seen as an extreme intent to commit murderous violence—which has nothing to do with reality. People are human, not robots. They behave like humans on the streets, not like robots.

As we get older, we realize this—after making countless mistakes—but by then it's already too late; we should have that humility when we're young,

so we don't end up thinking that everything is violence, just like in TV commercials.

The truth is different from what's portrayed in mainstream media; the truth is much more bizarre and unusual. In the 2000s, many women used groin kicks to vent their frustration and seek revenge, just as they'd seen and learned from TV movies, and men used this to masturbate—that's more or less how it was in the 2000s.

There were many amateur videos of scuffles between boys and girls. They were posted online as a form of bizarre fetish—and had nothing to do with real, actual self-defense. In reality, these were girls imitating what they'd seen in movies, and boys using it as a form of indirect sexual gratification and a fetish to be explored in the 2000s.

The truth is that they never actually faced a real thug; instead, they faced boys who let themselves get beaten up as a form of indirect sexual gratification and a way to try something stupid—to see what it's like to get hit in the groin. And girls imitated what they saw on TV as a way to vent their frustration, anger, and resentment toward boys.

In martial arts, the truth is that women aren't "weaker"—it's just that men generally strike with more force. But if they're fighting at the same weight class, men usually don't have much of an advantage, because both are, so to speak, on equal footing in terms of strength.

In other words, there's no such thing as "weak"—only smaller and lighter people, who generally have less strength to strike with; this is simply a fact of nature. Usually, a larger, heavier man strikes a smaller, lighter man. It's not that the smaller, lighter person is "weak," but rather that they're

shorter and lighter, so by nature they have less strength, while the taller, heavier person has more strength—regardless of sex, race, or gender.

Chapter 11: Ego

ABOUT THE EGO

Experimenting and playing around is one thing, but human beings are human beings—they're full of egos, whether male or female.

That's why we see so many different kinds of porn videos on the internet—because human beings have egos.

And they want to expand their sexuality rather than their intelligence.

They want to expand their ego, not their intelligence.

Psychoanalysts know more about the ego, but even they don't know everything—only the Creator and the higher spirits do

Human beings don't know how their ego works; even psychoanalysts know very little about the ego.

In a little while, you'll be tied up, getting beaten, and having a penis shoved into your anus—all because of egos.

I'm not talking about becoming gay, but rather about a woman actually shoving a rubber penis into her anus.

Because the ego craves sensory bodily pleasures and isn't satisfied with just one type of porn; it wants to constantly innovate in sex, rather than innovating in books.

There's porn that's all about the ego—lewdness and ego inflation—rather than intellectual growth.

But there's porn that's just sexual content and not ego inflation—from constantly inventing new things, often to an exaggerated degree.

The subject is complex; it's not just an internet fetish. It involves reptilian aliens who keep putting this stuff in movies, because what's shown in movies isn't normal, and what's shown on the internet is more organic and natural—featuring real people. On TV, however, what's shown are people hired to act out a story and inject subliminal messages into the films, and that's not normal—it's pure evil.

It seems to me that there's so much free pornography on the internet; I think it's meant to create lower selves to make people addicted, turn them into idiots, and drain their energy with it. Someone is profiting from pornography—it's not just about watching it once in a while, but about becoming addicted, and someone is profiting from those addicts. There's something behind all this. I think it's meant to dumb people down and turn them into idiots in general. You can watch it, but try not to let yourself be influenced by things that are too idiotic.

Control your ego; avoid watching things that are too extreme—things that inject evil into sex, not just sexual content, but content created by people who inject evil into it. Look at mainstream movies—they're full of evil.

Pay closer attention to your ego and your body, and don't let yourself be controlled by your body's sexual desires; maintain control over your ego by paying closer attention to what's going on in your mind and your feelings.

You have to understand that if you keep watching ballbusting on the internet, it's because you like it to some degree and in some sense—there's something that makes you feel attracted to it. But the interesting thing is that often you don't even want to watch porn or masturbate, which shows that there's also something inside you that makes you want to distance yourself from it, because you feel attracted to it, but you want to distance yourself from pornography—it's a game of cat and mouse, contradictory desires. Sometimes you derive pleasure from it, but at the same time you don't want to become addicted to it, because you know it's not healthy to be addicted to pornography. Yet you have a desire to watch it, but you don't want to become addicted to it. Sometimes you don't want to do it, but you know it's a physical desire to have sex. You don't want to do it because you don't want to become addicted to porn, but you know you have to have sex and you have to try it to GAIN EXPERIENCE with your genitals and your sex life.

The mainstream media has created a new ego that already had a primal emotion and a primitive ego, and the mainstream media used that to create something. There are people who follow mainstream media trends because they already have a certain tendency and inclination toward it, and so they'll repeat and behave according to what they've seen on TV.

In a more normal state, you don't want to get hit, but when you watch porn, you end up hitting yourself, paying for sex, etc., because you're in an altered state due to sexual arousal; but in a normal state, you wouldn't like that.

For this reason, there are more porn videos showing people taking kicks to the groin than martial arts videos showing people taking those same kicks, because the sexual part of the brain is more impulsive and takes more risks than in a normal mental state—a state that seeks to protect itself more than other, more emotional areas of the brain.

It's not about wanting to be more violent, but rather about seeking to reconcile, talk things out, be tolerant, etc.—and this isn't taught in mainstream media films, because it seems too good, too spiritual to be shown on mainstream media.

Mainstream media is heavily controlled and does not follow the "golden rule" but rather the "law of sensationalism."

We like to point out flaws in others' egos so that, for a moment, we can feel as if we're more moral and ethical than they are and feel superior. But know that everyone has the same egos.

We like to judge, blame, and attack others as being wrong, even though we've also been violent, but we do it to feel as if we don't have the same ego and are morally superior. People accuse others of having the same ego that they themselves possess.

Sometimes a man says something bad, and the woman points a finger at him, but three fingers are pointing back at her—in other words, she, too, is full of ego-driven flaws, yet we love to point out the flaws in others' egos.

You can't say anything that offends her, but she can kick you in the groin and insult you; she has this tendency to point fingers and judge others' mistakes to make herself feel like an angel who doesn't have the same flaws and mistakes. She likes to judge others' mistakes to feel as if she doesn't have the same ego flaws; to project her own flawed ego onto others and never look inward to see that she has the same flaws as well; to rid herself of guilt, she shifts the blame onto others.

There is no compassion, understanding, or dialogue, etc. And this kind of content serves to help us remain rational and avoid slipping into irrationality, revenge, and violence.

Don't think you've misinterpreted these kinds of hateful movies and assume you can do the same and make the same mistakes. Instead, stay rational and seek comprehension, discernment, understanding, etc.

The mainstream media has planted in women's hearts and egos the idea that men are exactly as they're portrayed in movies, and they fail to realize that movies aren't reality—they're propaganda for media culture and a distorted media representation of reality in these types of films.

You can see that in the movie there isn't a 15-minute conversation, but rather 15 minutes of pure action—fighting, shooting, punching, and explosions. It doesn't reflect real life, which is less adrenaline-fueled and more about a 15-minute conversation or even a conversation lasting over an hour. And the movie doesn't show that, because it isn't commercially viable.

There are women with very disharmonious egos, inflated egos, unbalanced thoughts, etc.—the evils of the ego—and that's why they repeat what they've seen in the mainstream media, because they're irresponsible, intolerant, immature, selfish, arrogant, haughty, etc.

They create an imaginary enemy in their own minds because they saw it in the mainstream media, which brainwashed them, creating an imaginary enemy in these women's minds. The mainstream media, movies, etc., make women think only of themselves and see only themselves

And they don't realize that the enemy is in their own minds, and that this idea was planted there by mainstream media.

They won't tolerate having a conversation or apologizing during a conversation, because their imagination has been influenced by mainstream media, which only shows scenes of violence and excitement in an exaggerated way, which is why I like movies like *Walking Life* and games like *Undertale*—they have action, and even fighting in the game, but it's not the same as what's in mainstream media. We can see the difference between mainstream media and alternative media like *Walking Life*, *Undertale*, etc. Both are movies, games, etc., but they convey different messages and behaviors. Both have action, but they're different: one features action that conveys hate-fueled violence, while the other features action that conveys a struggle toward something more respectful and harmonious. There's action, but it's a different kind of action—nothing too heavy, but rather balanced, moderate, and controlled, without excess, revenge, or sexual objectification, etc.

Don't try to reinvent the wheel and create a new story—that's just trying to feed the ego, not merely seeking physical sensory pleasure, but rather something deeply mental and ego-driven.

In the 2000s, people watched porn, but it was different from the years and decades that followed, which became much more focused on the ego and the mind.

There was a Japanese woman who had sex and did ballbusting, but it was just to get turned on and have sex. And not to keep creating a story—and

in the end, there isn't even any sex, just talk and a story, and the sex isn't good at all. It became too much about the mind and the ego, and it forgot the reality of the real world. It started out as just getting turned on to have sex and ended up getting lost in the ego.

In the 2000s, there was more sensory stimulation to kick off sex, unlike in the 2020s, where it's all just talk and there isn't even any sex in the end. It's become too focused on the mental ego and has strayed from real sex.

Men have an inferiority complex, thinking that no matter how much martial arts training, weightlifting, whey protein, testosterone, etc., they have, they'll always lose in fights against women, because they see themselves as super weak, inferior, etc. This is the ideology of the mainstream media: women are portrayed as "Black Widows"—super ruthless, cold, tough, etc.—and men as inferior, dumb, stupid, weak, etc.

There's a ton of violent content on TV, and these girls imitate it because they have a lot of inferior egos, according to Gnosis. TV inflates all the negative egos that people already have, and it causes them to become even more inflated.

For those who don't know, egos are all thoughts and feelings combined—they're the voice inside our heads that tells us to do things, and we act on it because we hear the ego's voice. These are all the thoughts that human beings have, such as revenge, anger, hatred, selfishness, pettiness, domination, rage, arrogance, envy, etc. And it seems that TV inflates these egos through behavioral advertising and subliminal messages in movies. These movies leave girls with inflated egos, and they end up seeking revenge over trivial matters. In most cases of conflict, these are conflicts over trivialities rather than actual crimes, but her ego has been inflated by

TV, so she'll kick someone in the groin because of the movie's propaganda, which inflated her ego.

Over time, a complex of inferiority, insecurity, and lack of self-control has developed, and this can only be managed and addressed through reading books—not TV—and by engaging with self-help material, not just watching anything.

Chapter 12: Spiritual Psychology

Ballbusting can be just as violent as rape, since there are rapists who aren't always physically violent

and there are sadistic women who are full of ego and radiate much more negative energy than many rapists.

But both can be very evil if they want to.

But there's a woman named Stacy who is a sadist and, if possible, would even kill, while the rapist only raped and didn't kill. Both are evil, but there are women who are even more evil, and because they're women, society can't see this, since it views women as celestial beings rather than humans full of ego-driven flaws.

Know that a woman who acts this way has no respect for men in a relationship with you.

Because she's filled with nothing but hatred, malice, revenge, etc. She's full of an inflated ego, discrimination, and prejudice against men.

I'm tired of women following this pattern set by the mainstream media; they don't have their own way of communicating or behaving.

It's all copied from the mainstream media—kicking in the groin to resolve every conflict that should instead be handled with conversation, tolerance, patience, empathy, etc. She prefers to follow what she's seen on TV, in movies, series, cartoons, etc.

I notice this: in anime, in general, there are slaps to the face, which is a milder form of violence, whereas in U.S. movies it's all kicks to the groin, kicks to the balls, kicks to the nuts, cutting off penises, shooting at penises, etc.—in movies, TV shows, cartoons, etc., controlled by the system.

Women have been conditioned by subliminal messages; this explains why girls—sometimes even those under

12 years old, kick someone in the groin. This can't be explained as self-defense against actual assault or murder, but rather for trivial reasons—even at school—against boys their own age, who are their friends from school, the street, the park, etc.

The only logical and rational explanation is that brainwashing and subliminal messaging are taking place, carried out by the mainstream media. Brainwashing occurs without the individual realizing it, and what is wrong gradually becomes normal—as in countries where it's normal to see people being mugged because they have an expensive cell phone. All

this violence isn't normal; it's a product of society's culture, media, and education, as well as the mainstream media.

Prostitutes are neutral, because they're just working in a negative field—people buy their services if they want to. The mainstream media, on the other hand, encourages negative behavior.

The goal isn't to become a superhuman, but rather to increase resilience and self-defense; therefore, avoid excessive violence.

I don't want to be made of iron and endure everything. Rather, I want to have more security, self-confidence, self-love, and self-esteem.

That is my goal in writing this.

The mainstream media lowers self-esteem and belittles men. It only destroys.

My goal is for you to be a confident man, to be happier, and to have more self-esteem and self-love.

Regular underwear creates a sense of insecurity, vulnerability, fear, etc. But reinforced underwear provides a sense of security, self-confidence, and self-esteem.

Know that a woman who abuses a man is already saying it all through her abuse.

It says she doesn't love, isn't tolerant, understanding, respectful, or polite, etc.—she has no virtues and is nothing but selfishness and malice.

She has no morals, which is why she takes her revenge in the groin. Or worse, she even kills or cuts off penises.

I see women judging and seeking revenge.

It's easy to do: pick on a man, judge him, and hit him.

This stems from a selfish ego—constantly judging and seeking revenge. It's easy to judge people instead of talking things out to solve problems and trying to understand that the other person has issues too.

Taking something he said, judging him, getting offended, and taking revenge in the groin is easy.

What's hard is having patience, tolerance, and character—understanding that the other person has problems too.

It's easier to judge and see yourself as the victim of the situation and the other person as the one to blame for everything that happened.

Judging, seeing yourself as the victim, and blaming others is easy.

Free yourself from the guilt of a woman who took revenge in the groin for trivial reasons and out of judgment. Know that you may have done something she didn't like, but free yourself from the guilt and accept what happened so you can change it. Accept and understand what happened in order to change it, without needing to blame yourself for something you did that she didn't like.

The self-esteem briefs

Underwear helps with self-esteem and self-confidence—and not just in martial arts; it's an interesting piece of clothing. It eliminates insecurity: if you take a kick to the groin, you'll have the self-confidence that you won't suffer serious injury.

Kicking someone in the groin is often just a sign of rudeness and abuse, which lowers a man's self-esteem.

Get revenge by kicking someone in the groin—it's like firing a gun. It causes just as much damage as being shot; it's enough to destroy, maim, or cripple someone, etc.

Accept that the testicles are exposed outside the body without protection, but tight underwear protects

against direct damage, because in tight underwear they're shielded from a direct blow, so they suffer less damage.

Underwear makes you feel mentally safer.

There's a common belief that the testicles have no defense, but with tight, reinforced underwear, a man feels mentally safer and more self-confident!

Padded underwear gives you self-confidence, a sense of security, and higher self-esteem. That's the main reason

we have this belief that the testicles are weak, but reinforced underwear gives you security and self-confidence.

Be careful with your thoughts, too! A fixed, repetitive obsession with pornography—even if you're just masturbating without it—is also harmful. Avoid thinking too much about sexual content; practice moderation even in your thoughts, and don't focus solely on sex.

Don't even overthink things, let alone have pornographic thoughts.

Don't have a dirty mind, and if you catch yourself having a negative thought, let it pass—don't dwell on it, don't get caught up in it, etc.

Stop thinking about becoming a “superman” and focus instead on strengthening your resolve. It’s a more realistic goal—not about becoming a “superman,” but about becoming a better man!

Avoid watching porn because it has a harmful effect on the mind; masturbation, on the other hand, has less of an effect than porn. But it doesn’t lead to the same kind of addiction as porn.

Be careful with porn, because it affects the subconscious, and we don’t know what could go wrong. So give up those addictions.

The testicles are exposed outside the body, which creates a sense of insecurity, low self-esteem, lack of self-confidence, fear, panic, etc. That’s why tight underwear is so necessary—not just for martial arts, but for self-esteem and self-confidence.

Ballbusting isn’t just a normal fetish; these men feel abused, assaulted, intimidated, etc.

Because the testicles are an erogenous zone, it ends up causing pleasure and sexual arousal; that’s why some women kick a man’s groin out of revenge, and some men end up getting aroused—even unintentionally—because the impact aroused them, since these are organs that provide sexual stimulation.

Know how to protect yourself with underwear, but don’t overthink it or overprotect yourself—underwear is just an extra layer of protection, not a way to become a superhero. It’s like wearing sneakers: they protect your feet from nails, but not from everything. If something bigger and stronger hits you, it will hurt you. No one is a superhero who can withstand a gunshot, a stab wound, a motorcycle crash, etc. Underwear, like sneakers, only protects against human-inflicted mechanical blows like kicks—not

against gunshots or knives. You're a limited human being, but you can improve your physical defense.

Abused girls are foolish shrews

Why are there abused girls?

Because they're vulgar, scandalous, and troublemakers—driven by selfishness, revenge, and jealousy toward men.

There are many wealthy women who do evil and have nothing good to share with men.

They're full of malicious thoughts.

The mainstream media encourages hatred toward men, and women have an ego driven by hatred, revenge, violence, etc.

In other words, the mainstream media encourages women to do evil. That's why you should tell her to seek out a religion.

Because the mainstream media is satanic—almost all of it. The only exception is the internet, where there is still freedom of expression.

They're acting without morals, without honesty, without virtues, without manners, without modesty, without refinement, etc.—without anything good.

If you can't respect and tolerate men, much less love them, stop and think about that.

I think it's something like this:

What's shown in the mainstream media in general is violence and messages of hate, hate.

What's shown on the internet is mostly sexual perversion in the form of fetish-type porn

And what's shown in martial arts is mostly martial arts moves—often misused—demonstrating a lack of technique and more violence than skill, because you don't have to just keep attacking the groin.

Don't take revenge on women—that's wrong—because there are American men who end up hitting women too, instead of just defending themselves; they also become violent and abusive, just like that woman who was brainwashed by the mainstream media.

There are these naive girls and foolish women who follow the mainstream media, and we can see that they copy that behavior—they're violent and kick in the groin because they've seen it in movies. For trivial reasons. You have to try to defend yourself in the moment, but also try to talk to her and tell her to stop copying the behavior she's seen in the mainstream media; say something to her about manners and morals. Because sometimes you say something she doesn't like, and she repeats the same scene she saw in the movie—she's learned a lack of manners and respect from the movie. You have to defend yourself in the moment, but also say something to encourage her to have more manners, respect, kindness, love, etc. Say something on that level and apologize, so she can come to her senses and realize she's acting like a foolish woman by following the negative behaviors portrayed by the mainstream media.

Defend yourself in the moment, but it's important to say something of a higher caliber and not stoop to her level—that's why you should tell her to be more polite, respectful, kind, and tolerant. To resolve things through conversation rather than just with hatred, violence, revenge, etc., try to

speak or converse respectfully and don't stoop to her level of negativity. You can joke around, but have a respectful conversation and don't stoop to the same negative energy as the foolish woman, because she follows the mainstream media, and I tell her to follow positive things—there are good books, websites, songs, etc., that may not even be religious, but that promote goodness, peace, and love in general.

If you're seeing positive things in alternative media, try to follow those positive things. You can reason with these women and encourage them to follow positive content from alternative media rather than negative content in movies that promote hatred, revenge, and evil.

There are good movies, good books, good anime, etc., and you should try to discuss these with the intention of guiding her toward something positive and constructive.

For example: if you said something she didn't like and she turns to the mainstream media to lash out, you can defend yourself in the moment—not by being violent, but by being rational. And then tell her to seek out positive information, watch good movies that aren't from the mainstream media, read good self-help books on the law of attraction, positivity, etc., watch good anime, and engage with positive and constructive content—because there are positive things out there—and encourage her to seek out positive information rather than negative, destructive content about gender wars, hate, revenge, etc. That's why she has to be selective about the media she consumes. Tell her there's a lot of good and a lot of bad out there; she has to be selective about what she sees in the media in general—whether it's TV, the internet, books, music, etc.—and distinguish between what's good and what's bad. And tell her this so she doesn't become the foolish woman who follows the mainstream media's messages of hate and becomes an enemy of men because of the mainstream media.

It’s important to understand one thing: tolerate others even when they’ve attacked you, so you don’t cast yourself as a victim—because the other person is in the wrong, but you can’t hate them or play the victim; you have to be tolerant and not rush to call the police. Animals fight but then make up; they don’t seek revenge or harm others by involving the police. That’s what tolerance is, and it’s important for people to get along, but you have to realize that there are many intolerant people who don’t want to talk and want to harm others in some way—whether formally or informally—but they want to cause harm rather than be tolerant and resolve things through conversation. There are many women who want to get revenge in some way—whether by striking someone in the groin instead of resolving things through conversation, or by going to the police without any discussion at all. And I learned this from a friend online, Saulo Calderon: to avoid harming others and to practice more tolerance—and how important that is—because achieving peace doesn’t always require harming others; it can be resolved more peacefully, through conversation.

I’ve noticed that there are a lot of women who like to kick men in the groin just because they felt disrespected or abused—even though they weren’t mugged, didn’t suffer violence, etc. There are women who kick men because they said something the woman didn’t like or did something trivial that the woman didn’t like. In other words, there are many women who kick in the groin not because they were mugged, raped, or subjected to violent assault, but for trivial reasons—just because he said something she didn’t like, just because she didn’t like the joke, the teasing, and other trivial things—and not for any real, noble reasons, but simply because they enjoy hating, being petty, resentful, and vengeful.

They’re acting like reptiles—you can’t even make a joke without them becoming violent over something trivial.

One of the worst things is the poison of hatred, and we see women consumed by this poison of hatred, and it only leads to miserable, wretched, confusing, disharmonious, depressing, and all sorts of bad situations—all caused by this kind of behavior stemming from extreme

mental poverty, fueled by the media that preaches a war between the sexes and division in every sense, and does nothing but brainwash and create mentally miserable women who fight over everything, make a big deal out of everything, make a fuss over everything, are extremely petty, and want men to disappear from the face of the earth. They only learn thoughts of misery, belittlement, division, death, regression, destruction, and death.

The situation of the "war of the sexes" is like two mentally ill drug addicts fighting viciously with each other over drugs, and one kills the other in the end over something trivial. It is an extremely deplorable situation… extremely unfortunate…

The blame placed on the penis—if you think that any man with a penis is a rapist, there's no room for discussion; it's just discrimination and revenge through kicks, stabbings, and shots to the groin.

And there was a girl who wanted to have sex with me, but didn't want to rape me, and I realized that—that there are men who want to have sex but don't want to rape women. And I realized, through this girl's example, that men like her think just like she does. But just because a man was born a man, he's branded a criminal for a crime he never even thought of committing.

Women learned all these negative things from TV in the 20th century, but now we can learn more positive things online—on YouTube and so on.

This woman who repeats the hatred she saw in the mainstream media lacks spirituality if you look at it from a religious perspective, lacks

morality if you look at it from a philosophical perspective, lacks ethics if you look at it from a political perspective, or has a sick mind if you look at it from a psychological perspective.

In my day, everything was just messing around—teasing, picking on people, making fun of them, etc.—on Orkut, but nowadays things are taken more seriously and viewed as crimes, whereas before they weren't. And the Orkut era of the 2000s is over.

Some things aren't popular—cuntbust isn't popular, and on the internet, ballbust is more popular. You have to understand that "cuntbust" will remain purely theoretical—it hurts, but women don't like it because it's just pain and no pleasure. The clitoris isn't an erogenous zone, whereas the testicles are—that's one of the reasons it isn't popular, because women don't like it, and that has to be respected. Don't force this on anyone, because women don't like it, and that must be respected. This will remain purely theoretical—something to write about in theory—but it will never happen in practice, because we must respect others. Knowing that it hurts women is more about understanding, scientifically speaking, that women feel pain too—but that doesn't mean you should hit women, because women don't like it, and you must respect them.

There are things like this that should only be discussed and written about—not encouraged or actually done—in order to respect others, and if we do talk about them, it should be done politely.

The media should do the same—that is, show politeness, respect, awareness, and sensitivity by stopping the constant depiction of groin kicks in movies, TV shows, anime, etc., especially when they're portrayed in a negative light, as acts of hatred, revenge, or the belittling of men, etc.

I realized this when I created a “cuntbust” website just to test the waters and saw that there was no audience—cuntbust is mostly just a way to say “that hurts,” but generally women don’t like it and don’t want to watch porn featuring it. Only with ballbust are there men who enjoy it and watch porn featuring it.

And the mainstream media isn’t helpful, because anyone who wants to know about this should just search the internet—they’ll certainly find plenty of it, since there’s plenty of content on ballbust and cuntbust; although there’s less cuntbust, there’s still plenty of that too.

I realized that when I created a cuntbust website just to test it out, it wasn’t a good thing, and I soon realized that what the mainstream media does against men isn’t a good thing either.

Because I created a website to show that women also feel pain in their groin, but I ended up taking more accident footage from YouTube and posting it on the site, and it backfired—I realized it came across as violent, vengeful, demeaning, scary, and so on.

And it’s the same thing that happens in the mainstream media—they report in a vengeful, violent, malicious, cold, and hateful way. And that’s not right. Because hating men isn’t right.

I also realized that there’s a distinction between hateful content and sexual content; in the mainstream media, there’s more hateful content—and hateful content disguised as sexual content. And on the internet, there’s more sexual, erotic, and pornographic content, etc. There’s a lot of evil content on the internet, but generally, the good content is just sexual in nature—not content that promotes hatred and a destructive “war of the sexes” aimed at destroying the male genitalia, as shown in the mainstream media, in movies, TV series, etc.

Being insulted and attacked does not take away your inner sense of dignity; rather, it is merely another person's opinion on the matter and not your internal image of yourself.

Stabbing the genitals as normal.

The mainstream media, which has portrayed vengeful violence—even stabbing someone in the genitals—as normal and socially acceptable, simply to normalize genital mutilation as something ordinary, trivial, and acceptable, etc., can take a knife and stab someone in the genitals and present it as normal without even considering the level of coldness and indifference toward the other person.

The way this was presented made all the difference; a groin kick is not shown in the context of serious, respectful martial arts. Rather, it subconsciously portrays it as a form of sexual conflict, a "war of the sexes," a division between the sexes, enmity between the sexes, etc.

We can see this in the advertising of various multinational companies, countless satanic films, etc.—all of which convey the same subliminal message: a groin kick as an act of revenge, a war of the sexes, a conflict between the sexes, and so on.

And this carries connotations of a "war of the sexes" and Satanism—not a serious and responsible context within a martial arts match free of hatred, but simply a fight.

As the mainstream media shows, one can perceive the sentiment conveyed by propaganda promoting gender division, gender war, etc.—leading to enmity, separation, division, revenge, misunderstanding, confusion, exclusion of the opposite sex, and a lack of understanding through dialogue, etc.

The mainstream media is rife with Satanism; it's almost entirely contaminated. Yet there are still people who don't believe that there are reptilian entities—which inspire the idea of evil geniuses in TV movies—and think this doesn't exist because they don't see it. But in reality, these evil geniuses do exist; they operate in secret, planting ideas of evil in the minds of these screenwriters.

The problem of disparagement, stigma, bad reputation, devaluation, and lack of love—these things exist. They portray it in a way that's about revenge and disparagement, rather than as a martial arts film featuring fights that demonstrate various techniques—including the groin kick—but within the context of martial arts in a sporting contest, not a fight driven by hatred and extreme violence filled with hatred and revenge.

What's shown in these movies makes it clear that it's hate propaganda—not entertainment for fun, but entertainment designed to brainwash.

The mainstream media isn't just guided by the devil's hand—it's guided by the devil's entire arm—meaning there's a great deal of supernatural manipulation, demons, and so on.

If you talk trash, those women who throw stones are worse—talking trash isn't good, but those who throw stones end up doing even worse things. And when you add bad to bad, it only leads to more bad—nothing good comes of it. That's why you have to learn to communicate better to avoid impulsively throwing stones at others, thinking you have to get revenge and lacking the patience to have a thoughtful conversation.

Men might tease as a joke, but men want peace of mind, so they avoid women who only know how to curse, seek revenge, hate, and hit below the belt—as was common from the 2000s onward—because they saw that reptilian propaganda being hammered home on TV.

Know that there are women who like to be intolerant and aren't generous with forgiveness; they prefer the easy way out—being short-tempered, explosive, and seeking revenge over trivial matters—and don't have a more spiritually evolved mindset. They prefer to behave like intelligent animals, and that's why they take revenge like chimpanzees do when they don't like you; they'll beat you with extreme violence, until you bleed, because they're violent animals who take revenge if you take their food away or do something they don't like—or if they feel offended. This type of woman acts just like a chimpanzee, with an ego that makes her more intolerant, vengeful, and generally mean. That's why she becomes violent.

Or she behaves like a snake as well—a "reptilian" woman who emulates all the evil she sees in mainstream media films. She is a faithful follower of the Satanism portrayed in mainstream media films.

Mainstream media is nothing but hate propaganda in many ways—physical and mental violence, disrespect, hostility, and all manner of harsh, cold, violent, and evil behavior—promoting a different kind of society: not a human society based on empathy, but a reptilian society characterized by inhumanity toward other humans, whether man or woman! These mainstream media movies promote a different kind of society—the demonic reptilian society.

The portrayal of self-defense in mainstream movies is cynical, malicious, and contrived to promote evil; you can see that the woman always plays the victim and judges the man as an extremely malicious aggressor. Whereas a good conversation and tolerance would solve the problem, but in the movie's fantasy it takes 1, 2, or 3 hours, and in real life it takes a few minutes to talk—or even days—but in the movie everything happens in seconds, because the movie is only a few hours long, so they cut out the dialogue and fill it with action instead—which is wrong. In the movie, it's all violence, aggression, fighting, revenge, chaos, and things like that, but real life isn't like that—that's not how we actually live. Real life moves at a slower pace, and we can pause to talk more calmly; in the movie, it's all

chaos just to grab your attention. I understand that movies are fantasy, but there are things in them that convey a malicious subliminal message for women to turn against men—it's not just a movie for artistic entertainment, but rather for far-left indoctrination. There are these two types of movies: the artistic ones and the ones for leftist indoctrination. They always portray men as aggressors who must be killed.

There's a girl online who ends up abusing boys—instead of just kicking the groin of men who asked for it—and ends up thinking that if a boy at school does something she doesn't like, she'll take revenge by kicking him in the groin. She doesn't realize that groin attacks have limits; it's only for those who want it—not for seeking revenge or acting violently toward boys at school just because he teased her, provoked her, or made fun of her and she felt wronged. You can't keep attacking the groin like that; otherwise, it turns into school violence. If you want to engage in that kind of sexual fetish, do it only at home with whoever you want—and don't take revenge on boys at school for every little thing.

That's what I'm fighting against—this culture of genital abuse that was created in the 1980s in almost every movie in the mainstream media. You have to know how to draw clear lines, otherwise you'll end up acting with violence, revenge, malice, thoughtlessness, and disrespect toward the boys.

If you're into ballbusting, it's not a good idea to talk about it openly to everyone at school, because that's indecent exposure and disrespect—you have to know there's a limit, otherwise it turns into a scene from various mainstream movies, where everything is resolved through violence—fighting over everything and kicking people in the groin for no reason.

We have to keep things clearly separate; you can't keep abusing and kicking boys or men in the groin just because they disrespected you at school with the boys or at work with the men. You can't keep talking about rough sex with men at work and then engaging in that kind of rough sex with boys at school. You have to use common sense and act in a kinder, more respectful way. Because there are girls and women who have seen this in mainstream media—on TV, the internet, smartphones, etc.—and think they can reenact the scene they saw in the movie with a boy at school, with a man at work, and with friends. You have to learn to use common sense and be a good, respectful person. Otherwise, at school, these girls who are more influenced by the media will keep repeating what they've seen in the behavioral messages of movies.

You can only defend yourself if you're actually being attacked and have no choice but to fight or die—for example, in street fights where people are filled with hatred and want to attack you to steal your cell phone, purse, etc., and are genuinely trying to harm you to steal your belongings or even kill you if you don't give the criminal what they demand. A kick to the groin is more appropriate in these situations—not because of playful kids who keep bothering you at school, college, class, work, on the street, etc.

Everyone should know what they're doing, have the discernment to know what to do, and if they engage in these sexual practices, they should know HOW to do them, because mainstream media only shows malicious ballbusting, and there's a lot of bizarre stuff on the internet. You have to have wisdom—if you want to do it, do it in a wiser way. Don't do it like the mainstream media, and don't get caught up in the internet's drama where a man does something she doesn't like and the woman starts attacking his groin.

For example: a guy at school teases her, and she starts saying she's going to cut, kick, or stomp on his groin. This is a provocation on the woman's part, and then the guy goes along with it and enjoys it, and they end up having sex—both of them having watched ballbust content—and they engage in sex in the wrong way, doing ballbust either provocatively or out of revenge. And there are a lot of people online who do ballbusting to provoke, threatening the groin and the testicles, and post it online as if they were "bad girls." But that's not really how ballbusting should be done, if you want to do it. You have to think carefully before doing this so that sex can be more wise and harmonious, and not just follow crazy, reckless people on websites or malicious people in mainstream media and movies.

Just as PUA is almost entirely wrong and useless—because it's based on passionate egos and excessive vanity—these sexual practices can be wrong because of these egos without moral restraint, thinking they can go out and have sex with multiple women and believing it's normal to repeat the mistakes from movies, as if the situations depicted in movies were normal.

Whether you're a man or a woman, it's not good to reenact what you've seen in a TV movie, because those stories are weighed down by heavy, overburdened egos.

If you want to do it, don't keep reenacting those intense scenes from revenge movies. Do something lighter, without malice and without that excessive attachment and passion; do it just as a sexual game to have sex, not out of malice or excessive passion for ballbusting.

Learn to love more and know how to differentiate between things; men end up hating what the mainstream media does to men through extreme disparagement, but sometimes a little sparring can help you realize that it's just playful banter and intimacy between a couple—not extreme hatred, belittlement, revenge, and so on—against men. After many years, I've come to see that there's a difference between hatred and playful banter.

It really seems like something simple to say, but difficult to do, because women are often on autopilot; they don't pick up on the nuances of situations and think that everything is an attack on them and that they have to fight back or even seek revenge. And they don't realize that things can be resolved through a good conversation… and for that, you have to learn to be more patient in tolerating others—and that hurts a lot of people's pride.

I've noticed something that isn't discussed in the mainstream media—something simple and even obvious, yet it goes unnoticed: the absence of God. (Sometimes events are symptoms of something deeper—the absence of God.)

That's all.

If that's missing, everything else will be missing, and that's why we see people copying behaviors from the mainstream media and following extremist political movements.

Without that, everything is missing. And without that, God, you'll just follow whatever trash you see in the mainstream media, because these people are empty inside—lacking ethics, morals, good thoughts, and good feelings—and they'll follow the mainstream media, because it promotes certain behaviors. And for those who have nothing good inside them

already, it'll be easy for bad things to seep in, with no character to defend against it—so they won't repeat or copy the trash they see, but instead do what they want, by building their own character.

If they build their own character, they might even act out scenes of groin attacks, but they won't do it like the mainstream media, which spreads messages of evil; instead, they'll do it more as a joke, without as much malice as we see in mainstream media movies, which are full of nothing but hatred, disparagement, revenge, etc.

Movies from the 1990s and 1980s were more graphic, like *Robocop* shooting several men in the groin, but nowadays, movies convey their messages and behavioral propaganda in a more subtle way.

That's why you have to develop your own character and personality, so you don't just repeat everything you see on TV.

You have to keep things clearly separate, and there's a right time and the right person for everything. And don't go repeating what you saw on TV with random people or justifying a kick to the groin over trivial matters, just like the scenes shown in American movies. Stop and think about it—there's no mental clarity here. A woman watches these movies and then repeats this behavior with her classmates, college peers, coworkers, etc., kicking someone in the groin over trivial reasons while reenacting movie scenes.

Most of the time, groin kicks are more of a matter related to sex and fetishes—even on porn sites… because even in martial arts, you don't just kick the groin; there are other techniques, like immobilization, takedowns, punches, etc., to subdue someone without having to be violent or abusive—but rather to immobilize the assailant.

Understand this: there are proper ways to do things. Ballbusting is purely sexual and exclusive to the internet; mainstream media is full of hate, and "cuntbusting" will never exist because neither men nor women like it—it will only exist in writing, with very little material about it online, and on the internet, there will only be material on ballbust because men prefer ballbust over cuntbust, and cuntbust will only exist in written form—because it's not right to keep repeating what you see in the mainstream media and create a female version of a groin attack, since that's not the right way to do things.

The right approach is that cuntbust is more philosophical, artistic, a matter of curiosity, and innovative—something more amateurish, informal, and written about. And there will be more material on ballbust because men are more interested in it; that's just the nature of men to seek out this subject. The topics of ballbust and cuntbust are—and always will be—more philosophical, written about, and theoretical. Because there are few men who like sexual cuntbust and prefer sexual ballbust. Cuntbust is just a sub-niche and something more artistic, curious, and innovative—something different, something that's more amateurish and informal—since there are people who want to watch it, but only to see something artistically different and out of curiosity. There is a cuntbust fetish, but it's a sub-niche; those who like cuntbust tend to enjoy a whole range of fetishes, and cuntbust is just one of them. With ballbust, on the other hand, people tend to like only that, because it's more addictive and less artistic.

And the mainstream media is the only villain, because just as there's no way to portray cuntbust in a non-sexual way, there's no way to portray ballbust in a non-sexual way in the mainstream media. Because it ends up fostering hatred, revenge, and malice. Unless it's in a sexual or playful context. There's a right way to do things—which is sexual fetishism on the internet—but outside that context, the way mainstream media does it is pure malice, and that's not acceptable.

And you have to avoid creating any content that promotes malice and hatred, because that's not productive and it's not good.

One of the wrong things to do is to try to justify an attack—just because someone attacked you doesn't mean you have to attack back. Often, your life isn't in danger, so that doesn't justify an attack. And there are people who feel offended or have suffered minor harm and use that as justification, even though that's not the way to resolve a minor issue—like something that was said or a minor loss, etc. People tend to justify their actions, but that's not the right way to handle things either; instead, they become consumed by a desire for revenge and fail to realize that this, too, is not the right way to handle things.

There's a mental issue with people who end up being influenced, losing their sense of proportion, becoming desensitized to violence, and losing their common sense in their actions and the words they use—because it's not right to be constantly influenced by everything they've seen in the mainstream media and to keep repeating it and speaking without common sense or moderation in their behavior.

The mainstream media has created people without common sense who repeat what they see and fail to realize that real life and the physical world are different from what they've seen in the mainstream media—which is satanic and preaches negative things.

And on the internet, there's alternative media where everyone posts something different, and you have to know how to research and filter the content. There are so many good sites and bad sites—sites dedicated solely to health, sites dedicated solely to porn, and sites dedicated solely to malice, violence, etc.—that post clips from mainstream media films, which isn't good. If you want to watch ballbusting, you have to distinguish between sexual ballbusting on the internet and hate-filled ballbusting in mainstream media films. And there are many men who watch ballbusting but don't understand that these two types exist—so they need to learn to

filter the content and not spread hate against men, as the mainstream media does in its films funded by wealthy people who are in league with the devil.

Sexual abuse is always bad, and I don't know which is worse—it's all bad, period. Both are bad, whether it's against a man or a woman, regardless of the circumstances. But you also have to consider the level of physical harm, which is also very bad and takes a long time to heal—if the victim manages to recover at all—since it can cause serious physical damage. You can't just focus on who you think was more offended.

Because there are many men who make lewd comments and say grotesque, sexually explicit things, and the woman takes revenge by kicking him in the groin—both have committed sexual abuse. We have to look at the level of harm and not assume that lewd comments are worse, or that abuse committed by a man is worse. Sometimes a woman can take revenge, as seen on TV, and cause serious physical harm in addition to the offense.

And the fact that a woman can sexually abuse a man by kicking him in the groin—because society finds it funny due to the desensitization caused by the mainstream media's repetitive propaganda that trivializes genital abuse and has portrayed it as acceptable violence—doesn't mean that just because the mainstream media did this, it ceases to be sexual abuse.

You have to look at the extent of the harm, not just who felt more offended; you have to consider that as well—the extent of the harm. Just as it's wrong for a man to make grotesque sexual advances toward a woman, it's also wrong for a woman to act grotesquely toward a man by kicking him in the groin.

Beyond that, they should talk it out and resolve the issue through conversation, apologize, and reconcile. Men are often conditioned by societal norms to want to prove they're "players" or "womanizers" and feel they have to make grotesque sexual advances instead of talking things

through, while women have been conditioned by mainstream media to adopt a culture where they must be cold and vengeful—kicking men in the groin or cutting off their penises.

There is a way to resolve the problem: by being more tolerant, more forgiving, and by resolving issues through conversation and reconciliation. Men should not follow societal norms, and women should not follow the culture promoted by the satanic mainstream media.

If a woman keeps kicking, a man can defend himself, but that doesn't mean he has to act violently in return, just as the woman did to him. That's why I said we should be more tolerant to avoid so much conflict and try to be more tolerant so we can talk things out and reach a compromise.

And women must also strive to be tolerant and talk things out to reach a compromise—it's not just up to men. It's both.

We have to become more sophisticated and refined, to move beyond the primitive, cave-age animal—whether man or woman—and not follow the mainstream media.

Generally, seeking revenge only makes things worse, so always do the right thing—even if the other person has sought revenge. Try to protect yourself, step back, and seek to talk it out later, so as not to get caught up in the same vibrational frequency; otherwise, you'll end up just like those women who are filled with hatred toward men.

This is a sensitive and complex topic, given the subject of violence; it needs to be discussed with more calm and reflection. I noticed something unusual: kicks to the groin on the internet are mostly found in pornographic content, and have become more associated with that than

with other things, as was the case in past centuries. Because of the internet, things have changed, and kicks to the groin have also become a form of pornography—something unexpected has happened because of the internet.

And it has been proven that kicks to the groin have ended up being more popular as material for online porn videos than for martial arts or violent combat.

This is sensitive and heavy subject matter, which is why the mainstream media is wrong—because it handled it disrespectfully and encouraged hatred and revenge. When covering such topics, one must do so with greater respect and avoid any form of disrespect, as it is a sensitive and serious issue.

These women keep attacking the groin because they saw it and copied it, and their egos are so inflated with pride that they'd rather seek revenge than talk things out and reconcile—because they lack the humility to do so and feel humiliated talking to a man, due to their pride, intolerance, and excessive egos. In these cases—whether it's jokes, teasing, misunderstandings, flirting, etc.—they always prefer to seek revenge and punish.

You can see that it's more prideful to copy a scene from an American movie—to feel empowered to dominate through revenge in the groin—than to stop and talk, which is something that requires more humility, patience, and tolerance toward men—something more moral.

Mainstream media only shows scenes of violence, fighting, or running away. But there are other alternative media outlets on the internet that

offer content focused on slower-paced conversations where people can talk with more patience, empathy, etc., rather than so much violence and constant fighting like in scenes from American movies—which make it seem like everything in life is like that and that there's no room for conversation, reconciliation, etc.

It's interesting to observe the human unconscious; mainstream media only shows revenge in the form of self-defense, but the internet reveals that this is a form of sexual abuse—and includes pornographic content as well. It's something unconscious, and we can see it online from a different angle, outside of mainstream media.

We need to clarify and organize things; in ballbusting, you see everything—from purely vicious acts to, on the other end of the spectrum, lighter sexual content that's more like playful sexual banter.

And you can see that these two extremes exist; the mainstream media uses scenes of groin kicks, but as a way to trivialize and desensitize people to violence against men in general.

On the internet, there are people who seem to be part of the system and keep copying and creating practically the same thing the mainstream media does—encouraging groin violence, desensitizing people to violence, promoting revenge, and lacking the tolerance to resolve issues through conversation, etc.

But there's also a group online that isn't trying to copy scenes from movies; they create more alternative media content without replicating the hatred and malice found in mainstream media films. And there's this ballbust group that just wants to have sex and masturbate, but in a gentler, more respectful way—focused solely on sex—rather than spreading hate and violence by repeating what they've seen on

mainstream TV. Instead, they've become an alternative media outlet that doesn't follow the mainstream media's satanic system, which constantly pushes behavioral propaganda.

There's alternative media that does things without malice or hate—instead, something gentler for couples' entertainment, to spice up their sex lives with fetishes and sex shop items—and it doesn't engage in the hate, malice, disparagement, and devaluation of men that mainstream media preaches.

I noticed that in the 2000s, there were some American women who posted hateful and threatening videos on YouTube. And I came to the conclusion that only God can guide them, because otherwise they'll just follow the mainstream media instead of embracing a moral compass that doesn't blindly accept everything they see in the mainstream media—as if everything shown there were normal, but not everything in the mainstream media is normal. You have to filter what you see and not just follow everything on your smart TV.

A problem that's even more serious—or on the same level as pedophilia—is ballbusting involving teenagers under 25, because their brains aren't ready to handle hardcore porn.

It's okay to watch a little bit, but the brain of a 10-year-old, for example, behaves differently than that of a 30-year-old adult.

And what's even worse is creating children's movies, anime, cartoons, video games, etc., for 10-, 12-, and 14-year-olds—who then play these games, watch these anime and movies, etc.—and later search for them on

Google, ending up viewing this type of porn that's more extreme than usual.

The brain of a 10-year-old is not the same as that of a 30-year-old man; by the time you're 30, your brain is more mature, but a child aged 10, 12, or 14 isn't yet ready to view this kind of content on the internet.

It's a serious problem: a scene in a cartoon or animated show where someone gets kicked in the groin leads kids to search for it online and end up finding more extreme porn. ~

It's an issue of respect. They shouldn't have included that groin-kick scene in *The Invincible*, which is a children's cartoon. They've injected a lot of insensitivity, disparagement, devaluation, and coldness into it. By including that groin-kick scene in the first few episodes—it's just a cartoon; there's no need for that—they're doing it to promote this kind of devaluation and coldness toward men. And that's very serious.

I remember that when I was a kid, I watched *Pokémon* and played the *Sonic* video games—neither of them had that kind of belittling or coldness toward men.

In Pokémon, Ash was friends with Misty, and in Sonic, I thought Tails was Sonic's girlfriend because she was always by his side—she was supportive, a friend, friendly, helped Sonic, and followed him.

So in both Sonic and Pokémon, there was a female character who showed more friendship, empathy, respect, appreciation, and value toward the male character.

But they—the powerful ones—seem to have the power to control much of the alternative media and almost all of the mainstream media, and they ruin the childhoods of many boys with gender ideology, an ideology of hate and disparagement, devaluation, and the destruction of the image of the sacred masculine.

These heavy topics are meant for adults, not children. We must respect age restrictions—at least 18 years old for certain topics. While there's no specific age, there's an approximate age range: at a minimum, 18, 25, or

30 years old. And we shouldn't expose children around 10, 12, or 14 years old to such heavy topics in games, cartoons, movies, anime, etc.

At the very least, the original work shouldn't accept funding to include certain scenes with subliminal messages in video and game media. It's impossible to control the entire internet, since there are many alternative media creators who post all sorts of crazy things, but the original work should find better ways to handle things. It seems that a lot of mainstream media is tainted, so you have to be more selective about what you watch and play in order to develop better behavior and a healthier mindset.

Try to watch official, original channels rather than fan fiction creators who distort the author's work.

And you'll have to seek out alternative media instead of mainstream media, which has a lot of movies that include subliminal messages about behavior.

Men have problems—they're giving up on hentai and beautiful, busty women to watch "brain-rot" ballbusting. Dude, are you going to stop watching beautiful women just to watch women kicking men in the groin?

I know it's a fetish, but giving up real sex with a hot woman just to focus on that takes your focus away a bit—so you don't end up thinking that's the only way to have sex, because there are other forms of sex.

One of the most serious problems was that the mainstream media kept pushing this groin-kicking stuff so much that men ended up creating ballbusting on the internet—because the mainstream media repeated it so often, and some men ended up starting to do it as a fetish.

Men thought, "If the mainstream media shows so many kicks to the groin and there aren't any sex scenes in the movie—just scenes of sexual abuse—then I'd rather get off on that than on a more natural sex scene."

It’s fine that there are fetishes, but mainstream media has taken it so far that there are men who only watch ballbusting, because they’ve become so narrow-minded by these movies that they no longer watch any other, less aggressive types of porn. There are other types of fetishes that are less aggressive than ballbusting. The women in these movies are all violent and vengeful. There isn’t a single woman in the movie who is more understanding and who talks to men with more patience.

As incredible as it may seem, it’s better for men to keep their testicles so they can get kicked in the groin by women—if both enjoy it and are in a relationship—than for him to lose his testicles and not be in a relationship with a woman at all.

Good is more constructive than evil in the sexual realm.

You could say that God is missing from the lives of women who follow mainstream TV media. And if we have to post on alternative media—blogs, social media, Nostr, YouTube, etc.—to show women that God is there, it might seem silly to talk about God, but it’s true.

Because you need more tolerance, patience, and endurance to have a conversation, apologize, and resolve things through dialogue.

Many movies that are made are influenced by reptilians; it’s part of the culture of the reptilian extraterrestrial society—to strike low blows over trivialities, futility, revenge, impulsiveness, etc.—where extreme competition, a culture of war, and the glorification of violence are the

norm. And there's no denying that we're influenced by beings of this race and behavior, according to David Icke.

We live in a society rife with prejudice and discrimination against men in general, particularly regarding the groin area.

Hitting or cutting off the testicles is the same as hitting or cutting off a woman's ovaries or uterus. After all, both are sexual organs; what changes is the sex, and that is what generates prejudice and discrimination.

People believe that it's acceptable to strike men's sexual glands but not women's. Yet the violence is the same whether it involves cutting off male or female sexual glands.

Yet society is rife with prejudice and discrimination, where the surgical removal of female reproductive organs is viewed as violence, cruelty, a crime, etc., while the removal of male reproductive organs is treated as a joke and considered a normal form of violence.

Both sexes are equal before God. There must be respect, consideration, and empathy for everyone, not just for one group.

TV only says one thing—the thing it wants to promote through behavioral propaganda—and it does this because that's how the mainstream media works. It doesn't create something more open, real, or human; instead, it keeps pushing behavioral propaganda, so you'll be and do what you saw in the movie. I'm talking about these mainstream media movies in general; there are many Christian films produced in the United States, many "Matrix"-type films that present a documentary-style story, etc.

But I'm speaking in general terms: these American movies are all satanic and leftist ideological indoctrination. In them, whatever happens always culminates in a specific event, and the reaction is always the same—the same reaction and ideology. It always ends with a low blow, cursing, gunfire, bombs, and animalistic violence—where someone lands a low blow and curses another person, and so on.

It's always the same ideology and behavioral propaganda from the mainstream media. There's no conversation, no sense of peace, no taking things in stride, no tolerance or forgiveness, no dialogue—just more peace, patience, empathy, and friendship. In these movies, it's just bestial brutality.

That's why I'm being more selective about the movies, TV shows, anime, fiction books, etc., that I want to watch or read. To avoid movies that are extremely controlled by the satanic mainstream media—but in almost every movie, there's always some satanic financier who pays to insert a message, a scene, an image, a subliminal message, etc., into someone else's work—and even creators in the small alternative media will agree to include a low-blow scene in their anime if they're paid some money for it.

And they end up ruining a work that could be cleaner, and they ruin all the works of small-time creators by paying to insert underhanded scenes they want in their anime. For example, in some anime I notice this—there are always globalists who pay to insert scenes into other people's anime works, and the creator ends up accepting it to make some extra cash.

There are other positive portrayals, like in the movie *Walking Life*, where there's a moment between a man and a woman—and something more beautiful happens: the woman kisses him on the mouth instead of kicking him in the groin—if she didn't hit it off with the man for some trivial and futile reason, as happens all the time in movies controlled by the satanic mainstream media, where behind all the trivial pretexts and motives for delivering a low blow lies a lack of communication, a lack of love, a lack of respect—and only violence and evil, such as this excess of violence and many other acts of wickedness, as if it were all normal

(normosis), but this is not normal—rather, it is the ideology of these Satanists who subliminally control much of the mainstream media.

It's not sexual "ballbusting"—it's the hate-fueled "ballbusting" that's evil. The mainstream media has traumatized men by producing movies where, for whatever reason, revenge is justified through kicks, blows with sticks, stabbings, and even gunshots to the groin.

And cartoon and hentai artists reproduce their unconscious traumas, sometimes creating drawings where it's pure revenge and not sexual content.

Many artists have been traumatized, and you can see that several of them are depicting their traumas related to hate-driven ballbusting in works such as:

On the beach, a man slapped a woman's butt, and she got her revenge by kicking him in the groin. Another depicts a woman castrating a bull by cutting off its penis and testicles with a machete. In another, a man swears, and the woman kicks him in the groin, sending him to the hospital. Another depicts fight scenes over trivial matters and groin kicks, as well as conversations to resolve minor conflicts and disagreements. And so on.

These artists experienced childhood trauma in the '80s, '90s, and 2000s from TV, and they grew up with it; now they're reenacting their traumas through drawings and hentai on the internet.

And it's not just sexual content featuring women in lingerie; you can certainly see that there's content expressing hatred toward men, and they depict their traumas by drawing scenes of revenge, threats, and fights fueled by anger and hatred, etc.—all caused by growing up watching many American movies in the '80s, '90s, and 2000s, which were full of scenes of hatred and gratuitous violence.

Life is more elaborate, complex, complicated, and detailed, etc., than a movie, where we're taught to be and treat others like animals. Where it's just kicks to the groin, punches to the face, machine-gun fire, and lots of things exploding. And that's not good for social or spiritual harmony. People are treated like animals, as if they were two animals fighting on TV. But in real life, we can be tolerant, talk things out, reach compromises, and be more patient; real life is more measured and conversational. TV treats us like animals; it encourages us to treat others cruelly, even though the other person isn't always that bad to warrant such violence. They treat us like animals so that we'll treat others like animals too. And TV could educate, civilize, reveal truths, promote solidarity, and so on—better and more dignified things.

Life is more about having conversations, respecting others, and not abusing them—not shooting, bombing, or kicking them in the groin, as you see in American movies on TV.

The generations that grew up with TV and the internet have become colder and more violent, desensitized to cruelty and evil, but hope is emerging: conversational YouTube channels run by ordinary people and more wholesome websites that convey a more humane message. This is a movement that's taking shape on YouTube, where a more humane message is being shared.

There's a problem with the mainstream media encouraging genital abuse; if it's capable of being so invasive as to depict attacks on the groin, then it's capable of many other evils that aren't shown on broadcast TV. David Icke's books say they're capable of even greater evils; if they're already

desensitized to so many attacks on TV, imagine the other attacks they carry out that aren't shown on TV—because they're against humanity, not just against men.

There's a problem with despising sex, condemning sex, and devaluing sex—that's one of the reasons why a scene was included in one of the *Robocop* movies showing a group of men raping a group of women. And Robocop kicks each of the men repeatedly in the groin. This illustrates the contempt, devaluation, and condemnation of sex. They could have included a group sex scene instead of a gang rape scene—a scene of consensual group sex. To celebrate positive sexual energy, like in Tantra. And not to think that sex is a sin or that hitting on a woman is a crime, and that these men deserve to be shot in the groin.

The mainstream media promotes this idea of devaluing sex and the male genitals.

And religion believes that all forms of sex are a sin and devalues sex.

Neither of them realizes that there are ways to have sex that are healthier, more ethical, more moral, more wholesome, and more dignified.

It's a combination of nature, the media, culture, and so on that generates prejudice and discrimination—against men.

Because martial arts in the past focused solely on men's bodies, the mainstream media only portrays men to make women seem superior, nature has placed women's reproductive glands internally for sexual reproduction, women don't take risks in extreme sports, women don't have as many "sex genes" for "cuntbust" porn, etc.

All of this makes "cuntbust" a rare, philosophical concept, which is why you only see "ballbust" online.

Cuntbust is more of a philosophical concept in writing, for all the reasons mentioned above. This has led to prejudice and discrimination, with the belief that it only hurts men, while women either don't feel pain or it doesn't even exist.

You have to accept that it's best to just write and talk about it online, with moderation and balance; it will always be less well-known, and only on the internet.

The problem with depicting groin attacks in non-martial arts films is the refinement of cruelty, insensitivity, and hateful disparagement...

And that's not good, whether in men or women—both sexes have these three negative traits.

That's why it should only be used in a martial arts context, to avoid the refinement of cruelty, insensitivity to suffering, and the hatred that demeans human life.

Things are done more carefully, but they do happen when having a sexual relationship—and it's not like what's shown in those movies, which are full of nothing but disrespect and violence.

You can't agree with mean and violent girls; even in fetishes, this is controlled to be sexualized, erotic, etc...

and not to repeat the violence that this girl learned from the films of the satanic mainstream media.

The mainstream media is wrong; it's much better to watch a series full of magic and superpowers than to watch a hostile, violent, vengeful, disrespectful, rude, and hate-filled woman who only knows how to kick someone in the groin. Because that isn't art—it's unpleasant and hostile violence. That's why it's much better to watch more child-friendly series and movies than adult ones—because they feature more magic and superpowers, not just kicks to the groin as if that were something appropriate for a movie.

Ballbusting is different from what's shown in mainstream media—in TV shows, movies, etc. In ballbusting, for those who enjoy this type of porn fetish, you only see kicks to the groin, but in a sexual way—not violent and hostile like in mainstream media. And yes, it's more of a fetish—there's no cold, hostile violence, but rather a semi-nude woman delivering the kick in a different way, because she does it sexually; she's semi-nude and performing it in a more erotic, sexual manner—not like in a movie that's full of cold hostility, unpleasant violence, malice, and hatred.

What we need is: magic, lighter martial arts like Jackie Chan's, artistic fighting, etc.—not pure violence, savagery, low blows, etc.

Overall, most media that depict low blows end up being violent rather than funny; they try too hard to be funny, but it doesn't work. Instead, they're violent.

The subconscious ends up revealing that this is violence in movies, and on the internet, it's pornographic content in ballbusting.

You have to separate and categorize them: in so-called action movies, it's actually a subliminal message of disparagement and devaluation directed at men. On the internet, it's generally more sexual content and sexual fetishism.

Both involve low blows, but they're presented differently: in movies, it's degrading violence, and on the internet, it's presented in a more sexual, fetishistic way, without as much violence or degradation of men—that only happens in a violent and degrading way in movies. That's the difference.

Generally, ballbust videos and similar content are more playful in nature and are indeed different from what's shown in TV movies. And it's this difference that makes the internet better, because there are content creators who don't harbor hatred or a desire for revenge in their hearts—they simply produce adult content without the malice, brutality, and hatred found in mainstream media, which always includes elements that degrade men in general. But the internet is different; thanks to alternative media artists, you can experience different feelings—more playful, genuine friendship with respect, and so on.

The people in the mainstream media are reptilians.

Humans on the internet can make porn, but they shouldn't act like snakes, as happens in those mainstream media movies.

The problem runs deeper: mainstream media portrays violence in movies in a trivial and insensitive way toward men's lives; it subtly highlights a deeper issue. It's not just a lack of respect, but rather a lack of love in general—a lack of gentler feelings, rather than just so-called "action"—shooting and kicking in the groin—presented as the norm. Mainstream media is portraying human beings, particularly women, as if they were no different from certain chimpanzees that exhibit violent behavior and deliver low blows, biting ears, noses, etc. For chimpanzees, this may be

normal, but for human women, it is pathological—a disease of the ego that mainstream media culture has portrayed as normal.

The testicles are two external organs, but they are movable and have the mobility to avoid direct blows that would otherwise occur if they weren't loose and mobile.

Don't get addicted to viewing adult content, as this is linked to the psychological tendency to find it thrilling to feel blows to the testicles and to feel vulnerable because the testicles are exposed.

But with underwear, you can still move, and because they're closer to the body and can be pulled up, you'll feel safer overall.

Some men are more submissive in bed, but that doesn't mean they want to be submissive in real life; that's a fantasy within a fantasy, and that's what's mentally unhealthy.

People think that, after about age 30, they want something more responsible—not just a woman for sex.

I observe women who lie to perpetuate the system of evil—that this is just the way it is, that it has to be this way—acting like chimpanzees, believing that if you screw up, you'll get beaten, as if we were animals incapable of talking things out peacefully without all these egos filled with hatred, pride, violence, fear, distrust, etc.

The problem with women like Ballbusting Stacy is that she hits and keeps mocking and laughing derisively while mistreating others—that's already evil. And others who watch mainstream media movies that mock, belittle, and boast about wanting to take revenge in the same way they saw in the mainstream media movie—and that, too, is pure malice. It's not about dignity, respect, friendship, etc. Martial arts are meant to restrain, not to be violent, and ballbusting is more for sexual content than for belittling men.

People need to talk to one another, improve their morals, etc., and not follow the hateful and intolerant garbage spewed by mainstream television.

The mainstream media stirs up hatred against the human race, pitting people against one another forever, fostering enmity, hatred, fear, subliminal encouragement of evil, the trivialization of violence, indifference toward others, etc.

There's a problem with the internet: there's a lot of "brain rot" ballbust content and content that somehow incites hatred—not purely sexual content. Because this isn't a joke; it's adult sexual content. Ballbust isn't meant for comedy or to be included in a movie—it's sexual or martial arts content. In general, the mainstream media focuses on hateful content rather than martial arts content in movies; instead, it features hateful and violent content.

The truth is that ballbusting is only appropriate on adult content websites and in some stories by responsible women like Tatiana Vieira Loyola, whom he portrays with respect and responsibility, presenting serious sexual content rather than trying to create humor or trivial violence. And yes, serious, responsible, respectful sexual content—educating men on something meaningful and, as a responsible woman who respects boundaries, she creates content that adds value. Movies, on the other

hand, add nothing, and some idiots think everything shown in the movie is normal and just repeat it, creating more content that adds nothing.

But thankfully, there are women like Tatiana Vieira Loyola, who does her work with respect and responsibility—who does sexual ballbusting, not hateful ballbusting—disguised as humor or under the pretext of a movie to include scenes of disguised revenge and hatred, which are actually deliberate hate and subliminal propaganda promoting hatred toward men in general.

There are some more serious, responsible, and respectful channels, etc., and you have to dig deep to find them, because the internet is an ocean of trash, and you have to be selective about the channels you consume so you don't end up swallowing crap.

There's no way to do two different things in one video—it either comes across in one tone or another. Some people try to force humor into ballbusting, but there's always an underlying current of hatred, disparagement, lack of love, lack of respect, lack of responsibility, etc.

There's no way to mix it; there's no way to do something different or try to be different—you can't do that—because you have to accept the natural rest and relaxation of the body and mind. The ballbusting in movies isn't natural, normal, or spiritual.

Things are clear and have a certain tone, feeling, and vibe. Don't try to make humor out of something that is extremely violent, hardcore, BDSM, heavy, or too intense, etc., for example, because it's not humor—it's sexual content—and that must be taken seriously, mentally separated, and organized.

Don't assume everything you see in the mainstream media is normal; don't normalize violence just because the mainstream media treats it as such.

Women don’t stop to think; they assume it’s normal for a woman to be violent and kick someone in the groin. If this happened to her and she saw it as normal, she would realize that the cruelty she’s seen in mainstream media, in general, isn’t normal.

If she knows it’s not normal for a man to be casually violent toward a woman, it’s not normal for a woman to be casually violent toward a man either.

It might sound silly, but I’d still rather play Pokémon or indie games like Undertale, because that’s what culture is.

And I’d rather not watch those American movies that only feature violent, vengeful women who only know how to deliver low blows and engage in that kind of extreme violence.

I don’t need that; if I want to see real physical combat, I watch martial arts—not movies.

And if I want to see action, adventure, and fiction, I’d rather play fantasy games.

Back in the Orkut days, people sought revenge more often because there was less spirituality back then. People had less wisdom and just repeated everything they saw on TV. And today, in 2020, there’s a little more wisdom and more information—provided it’s good content.

Human beings still have that ego—the ego of revenge—and think it’s normal and socially acceptable if someone disrespects you. They believe they can take revenge and be hostile and violent toward the other person

who showed some disrespect, even if it was minor, but people can think that way, driven by that ego of revenge.

And that's why they'll act this way—by striking back at the groin—because they've learned from certain TV shows that if someone disrespects you, you can strike back at the groin. This way of thinking is wrong, and these shows fuel the ego of revenge.

The mainstream media, in a way, plays on people's egos to sell wrong ideas about how to think and act. Human beings are full of unconscious egos, embedded in our genetics and DNA, and the mainstream media wants to tap into the worst in human nature, encouraging and amplifying these negative egos.

The mainstream media wants to inflate negative egos, make people addicted, destroy relationships, and turn people into shallow individuals. They become ideological, thinking they're smart because of it, but in reality they're idiots for following the ideologies of these generally negative movies.

People have a problem with having only intelligence and no wisdom. And that's why they only think about the kind of crude violence they see in movies and don't consider anything wiser—because they have an intelligent mind but one limited to mere intelligence. And they lack the ability to converse and interact with people; take a movie like *Walking Life*, for example—it's different from just any movie you see in the mainstream media.

It's different from a movie where there's casual conversation, compared to other movies where everything is resolved through the "intelligence" of violence—rather than the wisdom that fosters greater morality and tolerance toward others. That's why it's necessary to have a spiritual side (whatever form that may take).

Seek to talk rather than fight. Seek to be tolerant in order to have a conversation; seek to observe in order to achieve understanding.

There's a film culture that considers violence and revenge—like a kick to the groin—to be normal, as if everything were normal, and this "normal" is actually a form of mental conditioning.

And there are a few films from alternative media that are trying to create something gentler, and it's difficult, because the mainstream media has brainwashed us, and it's hard to think differently from the mainstream media—because it's hard to think in a truly authentic way—since it requires reasoning, conversation, reflection, etc., rather than simply adopting pre-packaged behaviors seen in the mainstream media. This requires reasoning, thinking for oneself, etc.

You don't need to hit someone for them to understand you. But the mainstream media thinks you have to kick someone in the groin for them to understand you; if you were to include nearly an hour of conversation in a scene, half the movie would be spent just talking—there aren't even 10 minutes of dialogue in these films.

The problem is that the mainstream media has promoted this behavioral propaganda, encouraging men to call women "son of a bitch" and shoot people, and women to do similar things—swearing and kicking in the groin. Whether it's men or women, they've presented these behavioral patterns as if they were the most normal thing in the world, to make them sound acceptable, but they aren't—they're actually unbalanced behavior.

Know that constantly fighting—whether physically or verbally—over serious issues, accusing each other, arguing over who's right, etc.

This only leads to a descent into vulgarity—something the mainstream media wants to encourage by glorifying trivial violence, so that we attack and insult each other as if unconsciously mimicking this type of movie.

Only on the internet is it possible to use reason with class and not resort to the lowbrow tactics of those movies that constantly feature beatings, shootings, and cheap shots for any reason, glorifying violence and human depravity.

They should also show everything that goes on in men's minds as well as women's! Or at least tone it down a bit. "Balbusting Stacy" is wrong; she wants to portray women as if they were perfect "cats" and men as if they were just things that happen, and she portrays women as fragrant, polished, and never taking any risks—and that's why they become perfect porcelain dolls, to whom nothing ever happens, because they don't take risks, and nothing embarrassing ever happens to women on TV.

They always show beautiful, fragrant, clean women on TV—perfect in every way—while men are always portrayed in embarrassing and imperfect situations. I don't want to get upset, but we have to speak out and address these issues created by the mainstream media. It only focuses on men, ignores women's perspectives, and only talks about men, while portraying women as if they were perfect—as if only men experience pain, problems, and embarrassing situations—and making it seem as though women never feel any pain, never have accidents, never make mistakes, and never have any flaws pointed out, etc. Whether it's on TV or with some girls on YouTube.

This needs to be addressed online—at the very least, to point out that women are always portrayed as perfect while men are always in imperfect

situations, and that embarrassing things only happen to men, accidents involving the groin only happen to men, and so on.

And I saw back in the early 2000s that there was a woman doing yoga and a cat scratched her vagina, but that only gets shared online—TV hides it—because it always wants to portray women as perfect, relentless, and even superpowered.

You see so much vulgarity, underhanded tactics, and excessive violence, abuse, disrespect, hostility, etc., in movies and on TV—and this is a warning to you: don't make the same mistakes you see on TV either! After all, don't wish on others what you wouldn't want for yourself—whether on TV or in real life.

Human beings think they're super smart just because they can be violent, mean, and kill—they think they're super smart because of that. They think they're smart for pulling low blows and don't realize there are more skilled people who don't need to resort to that to win, or who know how to handle people better through conversation, understanding that they don't need to stoop to that level.

I see that this problem must be resolved through understanding and dialogue, so as not to keep attacking others or being attacked. Instead, we should seek understanding and dialogue—something you only learn from books and conversations with wiser people. So that you can protest without doing harm, too. Because if you kick that woman in the groin after she kicked you in the groin, you'd be doing harm as well—and you'd be in the wrong, too. And that's why you have to protest with understanding, communication, and dialogue—whether through constructive conversation or writing something constructive—to express protest, rebellion, and positive outrage. And don't do harm yourself, because if you're violent, then you'd be doing harm too. Reflect on this.

Be careful with these topics, as they are heavy and generally attract demons to harm you in some way, whatever that may be. I've noticed that there's a lot of judgment based on what someone does or attacks against a person, etc. Often, the goal isn't to reconcile through dialogue, but rather to harm, attack, judge, condemn, and even kill.

Ultimately, behind all this behavior lie egos—egos that were developed by the mainstream TV media starting around the 1980s, through these hate-filled movies, which planted the seeds of evil and fostered egos driven by evil, hatred, anger, revenge, pettiness, prejudice, malice, and so on—all of which were learned from the mainstream media.

And the internet is meant for dialogue, not violence. Real communication takes longer than action movies, which consist of hours of action and only a few minutes of dialogue. They glorify senseless violence and pointless fights, while belittling the humility of tolerance and dialogue.

Look inward at the egos in these movies, and you'll see the rot—through gnosis, psychology, and spirituality—as you become a more observant person. And if you cleanse yourself of the evil that others do, cleanse your own as well—don't just point the finger at others.

Understand that this kind of information is meant to help you defend yourself, raise awareness, etc., because of the abuse on TV perpetrated by the reptilians or the demons within the bodies of these creators who control these mainstream media films. It's a way to defend yourself and

become more aware. Because it's not good to do the same thing; otherwise, you're lowering your own vibration as well.

Usually, you don't realize the harm you're causing, but when you see the harm others do, you do realize it. And if you do harm, you usually don't realize it—only others do.

Because people don't put themselves in the other person's shoes and don't imagine that if the situation were reversed—if it were happening to you—you wouldn't like it either.

If a woman hits someone, you realize the harm because you're on the receiving end. But if you hit someone too, you don't realize the harm either, because you're not seeing it from the outside and you don't see the harm you're causing.

And there have been cases of "cuntbust" images showing a woman being beaten, with the man doing the hitting.

And if you imagine—whatever it may be—kicking a woman's groin or punching a real woman's chest out of malice in an exercise of imagination, you can see that you're doing the same harm, just as those women who attack the groin do.

By doing this thought experiment—imagining yourself, for any trivial reason, kicking a woman in the groin and hitting her—you'll see it's the same cruelty depicted in mainstream movies: for any trivial reason, they're already kicking a man in the groin and beating him up.

And that's why you shouldn't do evil either—because if you put yourself in the opposite situation—being kicked, beaten, and castrated—you wouldn't want anyone to do that to you, and that's why you shouldn't commit these acts of cruelty against others, because you wouldn't want them to do that to you.

Reflect by putting yourself in the other person's shoes: if you were to do the same harm to her that she is doing to you, she wouldn't like it either—and you'd see that you'd be doing wrong as well. That's why you shouldn't condone the harm she's doing to you either. Consider both sides: if you were the other person, or if you were the one doing the harm that the other person did to you, you'd see that you're hurting them too—and that's why you shouldn't condone the harm they're doing to you either, even if the mainstream media portrays it as normal and socially acceptable.

Very often it's a matter of egos, anger, hatred, revenge, and feeling hurt.

Usually, when I hurt someone—even unintentionally—I was thinking of hurting them out of ego or a desire for revenge.

And there are many people who feel this way, because we already have this ego, and the mainstream media amplifies and inflates it.

The solution is to keep seeking constructive information—through courses, books, websites, YouTube, religion, etc.—to strengthen the good aspects of our egos and diminish the bad ones.

The mainstream media always shows a man saying something that offended and hurt her, and always portrays an abused and vengeful woman in the movie, kicking him in the groin or even shooting him.

It doesn't show the woman and the man tolerating and respecting each other in a more mundane conversation without any action. And this kind of portrayal has become a cliché in these movies—it's something that needs to be understood and discussed.

In short, in the end, it's a lack of God—a failure to simply communicate (whether in person or via text). I'm talking about many misunderstandings that could have been resolved through conversation alone.

Women shouldn't watch these violent movies from the mainstream media, and men should tell these women not to buy into the mindset promoted by these violent mainstream movies. And both should tolerate each other and talk (verbally or via text).

Instead of constantly fighting, being at war, quarreling, harboring enmity, etc., and retaliating and doing these shitty things, think about reading this kind of content, understanding it, and having the intelligence to converse wisely rather than acting like a violent animal. Because you have to learn to speak more to express yourself as a wise human being, rather than expressing yourself through violence, as if you were an animal.

Many "cuntbust" authors wanted to show that it hurts too, but many become violent because the subject is heavy. And it should be approached with more respect, lightness, etc. You have to know how to talk, communicate, etc., and tell these women to put themselves in the other person's shoes: if she doesn't want to be on the receiving end of violent, hateful "cuntbust," don't engage in violent, hateful "ballbust" like you see in mainstream media. Try to talk to her; if she doesn't like it, don't do it to others either. Try to be tolerant and have a conversation. Just like you, who will be talking, speaking, and writing about this as well.

One thing people haven't realized is the psychoanalytic aspect: "ballbust" is BDSM sexual content, which is why some men end up getting aroused by movies that were meant to promote leftist ideology—they end up,

whether unintentionally or on purpose, promoting BDSM with a leftist Satanist ideology.

I'm inviting you to reflect on this topic and not act out of a primitive ego; you can't keep acting like an animal. That's why you should analyze, observe, and reflect—and seek to protect yourself in the event of violence. If it's accidental, seek understanding and awareness.

In addition to wanting to learn PUA techniques for talking to women, learn about spirituality without a religious slant, to expand your awareness of life so you can talk to women about things that are truly part of real life.

Don't spend your time learning far-fetched things, deluding yourself and becoming detached through PUA techniques, and talking to women in a detached manner. Instead, study to learn about life's truths so you can converse with women naturally, intelligently, and with the genuine reality of non-religious spirituality—and thus speak without resorting to the forced, detached conversation styles of PUA.

And one of the most genuine conversations involves this kind of deeper content—such as how women were alienated by mainstream TV in the 2000s, by far-left politics, soap operas, movies, cartoons, etc.

These portrayals make women seem malicious and cause them to belittle, distort, destroy, and "hate" the image of men. This is a REAL and TRUE conversation about the true reality of life and what was happening in the 2000s. This is a genuine conversation about something profound—discussing the manipulation by the mainstream media, subliminal messages in movies, the influence of demons working against media owners, extremist politicians, and large corporations, all of whom seek to drive a wedge between the sexes, foster enmity, and prevent happy romantic relationships.

And that's what's truly real and important—not becoming deluded, alienated, and brainwashed by PUA conversation techniques. It's much better to read books on anthropology, religion, politics, economics, philosophy, psychoanalysis, etc.—which are profound—rather than self-help books that alienate you from reality, like PUA.

This deeper kind of conversation—to observe and engage in dialogue—if it were with her, she wouldn't like it either; but when she does it to others, she condemns her own mistake, because we generally don't put ourselves in the other person's shoes, as if we were them. This is the true, real conversation—not some cheap self-help book that offers a ready-made technique—but rather talking and conversing while putting yourself in the other person's shoes. If it were done to you, you wouldn't like it, so you do it to others. But we forget to think this way and forget this spiritual truth: don't do to others what you wouldn't want done to you. And if it were done to you, you wouldn't like it, but we forget and do it to others. Because we forget, we stop thinking deeply about true reality, and instead focus on movies and alienated self-help.

Don't try to invent a cool, smooth-talking character; instead, learn to talk about reality and discuss deep, genuine topics—like how people forget to talk about things such as "don't do to others what you wouldn't want done to you." And don't try to invent a cool, smooth-talking character using PUA self-help techniques, which are alienating and make you stop being yourself, causing you to lose your soul.

Instead, learn to talk to women about topics like philosophy, spirituality, politics, conspiracy theories, etc.—topics that are deeper and more real. Explain to women how they're deluded and alienated, repeating what they've seen in movies and advertisements, and reenacting the violence they've witnessed in those films, without realizing that they, too, lack respect, empathy, love, etc. Because these movies brainwash, seduce, and

induce people to engage in negative, unbalanced, disrespectful behaviors driven by an inferior sense of self.

We have to realize that we see others' mistakes, but we don't pay attention to our own mistakes—and this applies to both sexes. Often we do the wrong things and justify serious mistakes, thinking it's normal to imitate those women in movies who resort to underhanded tactics as if it were perfectly normal. And there are people who end up justifying their own mistakes, thinking it's normal to do something wrong because they saw it on TV—and if they saw it on TV, then it must be socially acceptable—but that isn't right, just because it was shown on TV or in the media. We see something and imitate what we've seen without calling our own behavior into question, because we think it's acceptable—but it isn't acceptable to think it's okay to imitate what we've seen in those movies.

In other words, don't think you're right if you keep imitating the wrong things you've seen in the media, because there are people who end up thinking it's acceptable for you to do it too, and they don't realize that it's not good for you to do something bad just because you saw it in a movie.

You have to understand that you need to condemn and reprimand your own urge to make a mistake, and not think that just because you saw a low blow in a movie, you can do that too, simply because you saw it in the movie.

You have to talk about this with these women who end up repeating everything they see in these movies—through subliminal messages—thinking it's normal, permissible, acceptable, cool, etc., for them to do the same and repeat everything they saw in the movie. They don't realize that it's wrong to do this and repeat what they saw in the movie. Because it's presented in the movie as a subliminal message.

The worst thing isn't that a man and a woman are constantly fighting with each other; rather, the worst thing is the lack of love between them.

Because often they're fighting physically and verbally, but they don't want to hate each other or stop loving one another. They're just arguing, fighting, in conflict, etc. But often they don't want to hate each other, they don't want to stop loving each other, etc.

The problem isn't these physical and verbal conflicts or arguments, but rather the lack of love for the other person's life—thinking the other person is trash, treating them as if they weren't human, and treating them inhumanely.

Often, conflicts are milder than these far-left political ideologies, where there's no actual conflict—they just put up with each other—but there's enmity and treating the other person inhumanely. This shows that sometimes conflicts aren't fueled by that much hatred. But this idea of enmity and dehumanizing people—that's what's truly heavy, because it's the hatred and lack of respect that weigh heavily. It's not just conflict or arguments arising from conflict and confusion.

There's a Black girl who made fun of men and displayed her mental instability—not so much malice, but instability and foolishness—yet she proved to be more humane than malicious. And that's worth considering.

The so-called experts and law enforcement officials, however, failed to see this, and she was taken down from YouTube and, if possible, even arrested—all because of these so-called civilized people, who were really just prideful, narrow-minded experts who think they know everything. They didn't realize that she was just more foolish, delusional, silly, etc.,

and not so much evil. But these narrow-minded doctors on YouTube deleted her channel and failed to realize that she was more of a flawed human being than a truly evil person.

I saw that she would make fun of people, hit them, and say those things on YouTube; I realized she was very sarcastic, crazy, and showed a certain lack of love, contempt, etc. But she still came across as human and not all that evil. Yet YouTube deleted her channel because of these narrow-minded "doctors" who lack tolerance and instead want her to behave like a robot. And these powerful forces of evil create something robotic precisely to turn people into robots. They stifle people's spontaneity without ideological or political propaganda. Yet they did the opposite: they injected ideological propaganda into movies and YouTube, and when a woman speaks about this topic in a different way—in a silly, playful manner—they delete her.

Wênnia spoke in a silly, mocking way on YouTube, and she was deleted. Yet in the mainstream media, people act in extremely violent, vengeful, malicious, and hateful ways, and they aren't deleted from YouTube.

Sometimes, if you're just engaged in a verbal argument without any ideology, you get punished on YouTube, but the mainstream media—which promotes ideology—isn't punished, because they're the financiers who fund almost everything, and that's why they go unpunished—they have money. Meanwhile, she was just in a verbal argument and got punished, and these powerful figures who engage in physical altercations and espouse extremist ideologies go unpunished because they're the financiers behind these companies; the financiers are usually let off the hook because they're rich.

Since she was a poor woman, it's frowned upon; if a man had done to a woman what she did, it would be even more frowned upon. And people don't realize that often it's just idiocy, madness, and childish spontaneity. As for the mainstream media, it's extremist and ideological politics, involving violence, a great deal of malicious hatred, and vicious violence.

Just because you're often fighting with these girls doesn't mean you hate them that much; it's because you're in a fight—and maybe even at odds—due to a specific conflict. It doesn't mean you lack respect, love, consideration, etc.; rather, the fights stem from that specific conflict, not because you don't have respect, consideration, love, or even a little friendship—since you do care about people.

Sometimes it's a misunderstanding or a fight stemming from a conflict, but there are people who want to blow it out of proportion and make it seem as if they have no respect for the other person's life. But that's not the case; fights often happen because of conflicts, not because there's a lack of respect.

Many people, usually in the mainstream media, want to portray it as if no man respects women and women have to be violent; and if a man defends himself or runs away, it doesn't mean he's filled with hatred—rather, he's defending himself against unjust aggression from women, from powerful figures who have planted the idea in women's minds that men have no respect for women's lives, and this is propaganda from the system's mainstream media.

Often it's better to run away, because the mainstream media has planted these ideas that men have no respect for women's lives and are driven solely by hatred; in reality, sometimes they're fighting because of conflict and unjust aggression directed at them. It's not that they lack respect for women's lives or harbor mortal hatred. These are the ideas the mainstream media wants to convey. Men are human, and sometimes they may get into conflicts that lead to fights or arguments—not because they lack respect, empathy, consideration, etc., or because they dislike women, as the mainstream media distorts the truth—but simply because they don't know how to handle the situation wisely.

The mainstream media portrays men as aggressors, violent, etc., and suggests that women must be enemies of men, seek revenge, and strike back—these are some of the messages they put in these movies, and

there are women who end up following this because they lack a more evolved understanding.

Don’t watch harmful videos. When you have self-awareness, you see only positive, sexual things without malice. This is possible when you have self-awareness of your body and mind—you don’t need to go to extremes to have experiences. Don’t be so reckless as to run over yourself with a car, especially since you already have the wisdom and self-awareness to know what will happen and everything you’ll go through.

People talk a lot about the suffering of nature, but few talk about human suffering, whether male or female.

There are things you just shouldn’t do. You can even masturbate, but certain images, ideas, texts, audio clips, etc., are extremely harmful and negative—not just neutral, but genuinely negative.

Chapter 13: Hate

We need to talk to women and tell them not to seek revenge against men in any way, because that only breeds enmity. Now, if you want to practice ballbusting as a sexual fetish, that’s different from the hate-driven ballbusting portrayed by the mainstream media in movies. Both are forms of ballbusting, but one is just a fetish, while the other—as portrayed by the mainstream media—is nothing but hate, revenge, and malice.

You have to make it very clear that these two types of “ballbusting” exist and not confuse one with the other. The mainstream media’s version is more about malice, seeking to portray women as superior, while on the

internet and on websites, it's more of a fetish and something with sexual appeal.

If you want to see ballbusting, look only online, where it's more of a fetish. Because in movies, TV shows, cartoons, etc., there are only scenes of revenge, hatred, domination, and malice.

It must be made very clear that what's shown in mainstream media is hate propaganda, while on the internet it's more of a fetish—which is why it involves wearing sexy clothing like lingerie and using sex shop products, etc.—to highlight the distinction between mainstream media and the internet. These are not just different ideas, but opposing ones. Mainstream media portrays non-consensual ballbusting, whereas on the internet it's consensual.

Mainstream media is making huge mistakes by portraying this in every movie, because I've thought about hitting a woman and I know how wrong that is—and men and women are equal. Therefore, the evil that mainstream media inflicts on men is also evil, because if you attack a woman, you'll see that it's wrong, but mainstream media attacks men and society hasn't yet realized that this is wrong. Clarifications like this help us understand Satanism and sexual discrimination in mainstream media, and this notion of evil and discrimination is wrong—and the creators are also evil, because they perpetrate this evil in mainstream media.

But the internet is different, because it's decentralized; each creator will be judged based on what they've done online, and generally, creators on the internet make these videos more as a FETISH rather than to do EVIL, as the mainstream media does.

We have to make it very clear that there are two kinds of ballbusting: one on the internet, which is more of a fetish, and one in the mainstream media, which is evil.

Mainstream media will pay a very heavy karmic price for this in all its films. Because I've already offended and mistreated a woman, and that generated karma—imagine doing this not just to one person, but to the masses? The karma is extremely heavy because of this.

Don’t follow the culture of U.S. movies, which is a culture of hatred toward men in general—

it’s just kicking, stabbing, smashing cars, beating people up, cutting off penises, shooting at penises, etc. The movies are all violence and very little dialogue. It’s 1 minute of dialogue and 10 minutes of violence.

Russian women can be cruel too; you can see that there was a group of female friends who killed dogs and cats in Russia.

She just wants a reason, a justification to destroy.

She doesn’t kill, but she mutilates genitals, as seen in U.S. movies; she imitates everything just like those girls deluded by their egos.

This is sexual assault and genital mutilation, and the mainstream media likes to promote it, for some obscure reasons.

The problem lies with women who have watched these movies and only know how to act this way—and only think this way.

That’s the problem—it’s the brainwashing and Satanist indoctrination in the United States, which hammers home selfishness and revenge in movies with an iron fist, to the point of brainwashing women into thinking and behaving only this way, without knowing how to communicate or solve real problems.

You should know that this kind of mistreatment is psychologically serious; it shows hatred toward men and treats them as sexual trash, genital trash, objects, etc.

You have to understand this, think about it a little, reflect on it a little.

There are women who harbor intense feelings—and even kill—over trivial pretexts.

It boils down to hatred, seeking revenge, and attacking the groin—all driven by the ideology of misandry promoted by the mainstream media.

There are women who are filled with hatred, seek revenge, and are violent for trivial reasons.

The media has encouraged this kind of violence and hatred toward men in general; otherwise, there wouldn't be so much hatred toward men. This was created to be this way in society and culture through subliminal messages and behavioral propaganda.

And this negative behavior has ended up becoming ingrained in our culture. It has fostered a culture of abuse toward men, since they don't complain about their miserable lives.

In general, the mainstream media portrays women as enemies of men—inciting them to hate men, to wish them harm, and to act maliciously toward them.

That's why this subliminal behavioral propaganda is preached in every possible movie that agreed to include

a scene depicting a lack of love—or where the author is already one of those devil's minions who wants to pit one gender against the other through sex.

I don’t need the mainstream media to see underhanded tactics—you see that on the internet, not in movies. In movies, it’s just hate propaganda,

, while on the internet it’s more about curiosity or sexual content. But in mainstream media movies, it’s just hate propaganda.

In the media, there’s ballbusting—violence, hatred, etc.—it seems more like a form of hate-fueled violence rather than just self-defense; in movies, it seems more like violence than a fetish. Some people wanted to convey a message, but they couldn’t hide the fact that the media promotes messages of hate, violence, revenge, domination through force, etc.—and not just a technical aspect of martial arts within the context of martial arts itself.

In the mainstream media, it’s almost exclusively attacks on men’s groins.

There have been women at parties who were interested in me, and I didn’t act violently toward them, because saying something that someone doesn’t like isn’t a reason to be violent toward others. But the mainstream media promotes this idea—the idea that if a man says something a woman doesn’t like or something sexual, she has to get revenge and kick him in the groin. And that’s violent, malicious, and petty behavior—thinking only of yourself and not giving a damn about others—and that’s the message the mainstream media conveys.

And I’m not violent, and I don’t promote this same idea of violence against women, because I know that this kind of violence and revenge is a sin, wrong, a crime, etc.—and not ballbusting practiced within a committed relationship.

There are also ballbusting creators on the internet who, as I’ve noticed, not only draw erotic fetish content but also depict the same scenes of violence seen in movies—where a man flirts with a woman, and just because he ran his hand over her butt, she kicks him in the groin. That is wrong, a crime, a sin, etc., because they’re promoting revenge, violence,

and petty behavior. Creators need to break away from the mainstream media and develop their own opinions and ideas, rather than simply copying what they've seen in movies, because movies are wrong and promote inappropriate behavior.

In the mainstream media, all women hate men—they do this on purpose.

They use subliminal messages and Satanic ideology to spread their Satanist ideology. And they don't just make movies for entertainment—instead, they use the mainstream media to promote certain behaviors and plant subliminal messages, often with the backing of these powerful groups.

It has nothing to do with just kicking men in the groin in movies as a way to belittle or devalue men. If it's an action movie, the female character has to know some martial art, use a weapon, or use magic; she has to know how to fight, use a weapon, or—in a fantasy movie—have some superpower. They shouldn't create movies where there's nothing but kicks to the groin and it's always the same satanic behavioral propaganda.

Back in the 2000s, a guy posted a comment saying that the mainstream media glorifies extreme violence on TV—groin attacks, misandry, revenge, and rage over trivial matters, etc. This is true. Movies also glorify violence in general.

Movies really do overuse kicks to the groin; they should convey a more positive message, where characters know how to fight more effectively to immobilize and subdue opponents using martial arts, rather than resorting to such violence.

But the mainstream media is full of nothing but violence, revenge, groin attacks, and plenty of shootouts and explosions.

And this is behavioral propaganda from powerful groups that only include groin kicks in movies; I've noticed that there's behavioral propaganda encouraging the abuse, belittlement, and devaluation of men.

And this is behavioral propaganda—not a more moderate movie where there is fighting, but rather more respectful martial arts combat, not street fights with scenes of underhanded, malicious blows in movies and in the mainstream media, which is partly controlled by powerful, occult Satanist groups.

They keep inserting subliminal messages of hatred and malice to desensitize people to violence and abuse among humans.

It's truly sad to see so much subliminal behavioral propaganda promoting vulgarity, a lack of manners, a lack of sensitivity toward men, and a lack of sophistication in combat—when we could have a more refined and technical martial art without resorting to animalistic brutality.

Instead, it should be a fairer form of combat—not the brutal street fighting and animalistic revenge they portray in movies. This kind of behavioral propaganda in films is not good.

Don't watch these movies; if you want to do ballbusting, it's better to watch more sexual content like Japanese Pecan ballbusting, which is generally more sexual in nature rather than satanic ballbusting driven by malice and hatred toward men—as if that were normal in modern society. Pecan ballbusting is the genre that's still watchable, because it's purely a fetish and has a storyline; the rest lack a storyline and are generally more violent, disrespectful, and degrading.

There were women in the 2000s who bought into the malicious behavior promoted by the mainstream media and engaged in acts of revenge, malice, extortion, violence, and the like against men. We have to understand people—there's a difference between a fetish and the hatred, violence, and malice we saw in the mainstream media, which portrayed this in almost every movie, cartoon, series, etc., on TV from the 2000s onward. There is indeed a difference between the mainstream media and the internet. On the internet, in porn videos, it's more of a sexual fetish, whereas in the mainstream media, it's more like behavioral propaganda promoting hatred toward men, because the mainstream media wants women to harbor hatred, distrust, and hostility toward men out of pure, baseless prejudice and discrimination—and that's exactly what the mainstream media preaches through this kind of behavioral propaganda.

You have to understand this difference—between malice and a fetish that's not malicious but merely sexually provocative.

I've already said that ballbusting would exist even without the influence of the mainstream media, because you'd see scenes of groin attacks and eventually come across some videos about it on porn sites—it would exist without needing the mainstream media's promotion. It's the mainstream media that has ruined ballbusting, because there are plenty of men who do it, but without the malice, hatred, and revenge that the mainstream media portrays. Because pornography is what's most abundant on the internet.

You can see that there are many hentai sites, and this has never been publicized in the mainstream media or in movies, but kicks to the groin have been promoted through this kind of propaganda. The media made a serious mistake—just imagine if they'd shown various strange hentai scenes in movies, even ones with animals with tentacles shoving into butts. They don't show that in movies, and it's even censored. But they show groin-kicking scenes in various movies, and that isn't censored. If I want to see a groin-kicking scene, I search for "low blows" in accidents and martial arts online.

There's no need to promote this in movies; they included it precisely so women would hate, seek revenge, and dominate men for trivial reasons and out of gratuitous violence. If I want to see a low blow scene, I search for: "low blow martial arts accident." And they shouldn't insert these scenes into every movie, in situations where there should be a more decent fight or an attempt to resolve things through conversation. Mainstream movies include low-blow scenes instead of fairer fights or attempts to resolve things through conversation. They include scenes of hatred, indifference, coldness, and revenge against men.

Mainstream media is inserting scenes of hate propaganda against men into movies—not making action movies, but rather hate propaganda films—showing women taking revenge on men by striking them in the groin for trivial reasons, gratuitous violence, discrimination, etc.

You can be more discerning and notice this; you can see that they don't even show attacks on men's groins or women's breasts—they only show this against men. They promote this kind of idea so that people will copy it, and we see women abusing men in trivial ways in real life, because of the bad influence of the reptilian mainstream media.

A kick to the groin is just one example of the reptilian mainstream media's hate-filled behavioral propaganda, but there are many others that the mainstream media promotes; I'm only mentioning one—hatred toward men's groins—but there are many more, and not just against men, but against the human race; I only mentioned hatred for the sake of focus.

Anger is different from hatred; know that the mainstream media's hatred is different from mere anger. Anger is more of an attack in the heat of the moment, but hatred is heavier, persistent, and destructive. Anger only strikes in the moment—during insults, disagreements, ignorance, trivial squabbles, etc. But the mainstream media goes beyond the intensity of a mere fight; it harbors hatred, not just anger. I could sense that the mainstream media conceals something far more profound than simply venting its indignation in the form of anger—it is something more diabolical and destructive, which takes the form of hatred—not only toward men, but toward the human race. But for the sake of focus, I've

only mentioned these excessive, repetitive, abusive, intrusive, and misandric scenes in the mainstream media.

Since the 2000s—and even before that—subliminal messages of behavioral propaganda have been embedded in mainstream media and movies, encouraging women to behave badly and think maliciously. Even in more recent films, I see scenes of malicious violence, and there are women who end up viewing violence against a man's groin as normal and end up copying this erroneous way of thinking and acting from the mainstream media. They've learned to attack men in the groin over trivial matters, as seen in the mainstream media, and end up copying bad behavior and lowering their moral standards—because they lack proper education from good books and quality alternative media—and end up mimicking the ways of being, acting, and thinking promoted by the satanic mainstream media. It's better for a woman to emulate anime like Pokémon, Digimon, Beyblade, and even Naruto, etc.

than to copy movies from the mainstream media, which thinks it's normal to take revenge on men and kicks them in the groin for trivial reasons—like when a man says or does something they don't like or find disrespectful—and shows that the solution is to kick them in the groin rather than talk it out; it's always the same propaganda promoting this behavior in every movie. But anime is less controlled by mainstream media, and in *Digimon* I've seen that characters are much more likely to slap someone in the face because they said something they didn't like, rather than kicking them in the groin because he teased her or made a joke that disrespected her. In mainstream movies, there's much more malicious revenge and violence, whereas in anime like *Digimon*, it's more about slapping someone in the face—on the cheek—to avoid being so violent, cruel, and vengeful. That's why it's just slapping: to keep the cruelty between human characters in *Digimon* to a minimum. There might be fights, but they're without so much vengeance and malice. But in movies controlled by the mainstream media, there's no point in excusing

them, because they've included many scenes of violence, cruelty, coldness, and revenge in their films, in order to foster enmity and hatred between the sexes—and this is destructive and counterproductive for society.

Repeated abuse is torture, and it's extremely degrading—because it involves thinking of and treating the other person as if they were trash. And men really do need to be shocked by this—they shouldn't view it as normal—but rather recognize how absurd the level of devaluation of men has become: thinking it's normal to "cut off the dick"—which means cutting off the penis—and thinking it's normal to stab someone in the groin over trivial matters. They must understand that devaluing others isn't normal; constantly belittling and humiliating others as if it were normal is not acceptable. What's normal is mutual respect, mutual appreciation, and so on.

The mainstream media, in general, is just hatred in various forms; it's nothing but violence in different forms—that's all there is. The media just repeats the same negative sentiments or variations thereof in movies and so on.

The mainstream media has promoted all kinds of groin abuse—whether it's kicking or shooting with a firearm—and still laughs as if it were a joke.

I remember two girls on YouTube who reenacted a movie scene: one girl ran her hand over the other girl's butt, and the other girl staged a knee strike against her, causing her to fall to the ground, while the first girl laughed with a sarcastic and offensive cackle, repeatedly saying, "Yeah, kick him in the balls!" And the girl was glorifying crime on YouTube, just like how crime is glorified in movies in a subliminal way.

The video received comments pointing out how obvious it was that this wasn't a fetish but rather that they were full of hatred—and you could tell that from the laughter, the screaming, the violence, and the lack of respect in the scene.

The video stayed online for a while, but after a few years, it was deleted by YouTube because of the hate speech it contained back in the 2000s. It was taken down when YouTube's policies were updated a few years later to include stricter censorship against violence and explicit hate speech.

Also, these girls lack proper upbringing; they learned their behavior from the mainstream media rather than from any book, website, e-book, video, etc., that offers more mentally healthy content. They, too, were victims of the mainstream media, which doesn't provide women with mentally healthy information.

What I've realized is that women need to STOP hating men.

Because I see a lot of women who repeat what the satanic mainstream media portrays in movies, and they change their hearts, becoming filled with hatred toward men and seeking revenge on men—just as seen on TV, where they are shown slashing and kicking men in the groin, filled with hatred and negative energy.

The mainstream media has created a negative, derogatory, and destructive image of men, and you can see this in the examples we encounter in the mainstream media and in the left-wing feminist movement, where men are belittled and viewed as something negative, suggesting that the enemy is not the devil but rather the heterosexual man. This has nothing to do with reality; it's just propaganda from the left-wing mainstream media.

The mainstream media has created this hatred toward male genitalia because it adheres to a radical left-wing ideology that seeks to

exterminate the male sex and make women hate men through mainstream media propaganda in movies, series, soap operas, TV shows, etc.

The mainstream media only shows attacks on men's groins, and I know women wouldn't like it if attacks on women's groins and breasts were shown in the same way this violence against men is portrayed. You can put yourself in the other person's shoes and see that this shouldn't be done, because she wouldn't want to see behavioral propaganda like this in Netflix movies and on TV.

If women don't like men being overly abusive, then they should stop and think and not keep attacking the groin, because they wouldn't want to be attacked in the groin or chest, and that's why they shouldn't imitate groin kicks as depicted in mainstream media films.

If this were shown on TV only to women and a lot of men were to adopt this behavior and attack her groin and chest, she wouldn't like that either, and that's why she shouldn't do the same to men—what she saw on mainstream TV.

Often it's not a fetish but outright malice, so there must be a distinction between one thing and another, since in mainstream media there's nothing but hatred—whether explicit or implicit—in movies, cookie commercials, etc.

You have to make this distinction and organize your thoughts, evaluating the underlying idea and message being conveyed—whether it stems from malice or is simply a sexual fetish without any malice.

And on the internet, too, it seems there are crazy or psychopathic people who engage in vicious ballbusting—not just fetishistic ballbusting. There are these two types of ballbusting on the internet, in addition to the malicious ballbusting portrayed by mainstream media.

What shocks men isn't a groin kick in a regular fight, but rather the brutality and coldness of women. Men can sense that some women are cold and violent, and that's what scares them—because they know that if she had a gun, she'd take revenge with that coldness and violence she's been holding inside, and for any trivial reason, she'd treat you that way. She harbors heavy and complicated thoughts in her mind and heart. If you offer her a drink, she'll drink it and then spit it in your face—and that's what scares men.

Know that there are women who want to live without men, but in general, men don't think about living with women—which shows that the mainstream media's brainwashing of women has been successful.

Billions have been invested in creating movies that always carry some message—generally negative—of hatred, violence, evil, and the glorification of female pride, with the idea that we don't need men for anything; symbolically, they cut off the penis and throw it in your face.

This is an unpleasant, heavy, and explicit topic, but that's how it is, because that's the way the Reptilians think; since they are cold-blooded, they reason differently from humans, who are mammals and can draw on more feminine feelings of motherhood, family, and attachment to friendships, etc.

There are a lot of people who think they're "bad asses" and believe they can do whatever they want without respect, without limits, and without ethics or morals—there's always a character like this in the mainstream media.

There are many women full of malice and hatred—they're scheming, violent, vengeful, intolerant, and impatient—who disrespect and belittle others, thinking they're "bad asses" because they're imitating what they've seen in the mainstream media.

The problem is the malice, belittlement, hatred, and vindictiveness of the mainstream media, which has gone way overboard with subliminal messaging promoting this kind of behavior.

Most of the time, this kind of violence occurs because of the mainstream media itself—they're the ones who created this behavioral propaganda, established this social norm, and so on. It's not a reason to do something you didn't like, like attacking someone in the groin; that was caused by subliminal behavioral propaganda and created a social norm among women.

Often, in the 2000s—when it was a whole different world—a man would make a playful come-on, and she'd already be seeking revenge, even though the man was just thinking he might want her and wasn't certain he'd actually be with her.

And she already thinks it's not just a "maybe" but an absolute certainty—as if he were forcing her— that thought crosses her mind—even though what's going through the man's mind isn't certainty but just a "maybe"—yet she assumes he's thinking that way and acts on it, without even having the patience to talk it out. She's already convinced he's pushing things to the extreme, even though the man is just considering a "maybe," and she's already interpreting his thoughts—which he didn't actually have— but she thinks you did, and she already acts out of hatred and revenge, because she lacks the patience and tolerance to resolve things through conversation and prefers to act based on what she thinks the other person is thinking, because she's afraid and was already filled with hatred and doesn't want to be tolerant, talk things out to reconcile, etc.

She prefers to act based on what she thinks the other person is thinking, even though the other person isn't even thinking that.

This way of behaving is crazy.

Just observe and reflect: in most cases, the man had no intention of causing harm and simply says something offhand, without any intention to hurt, etc., while the woman's mind and heart are filled with the intention to harm and attack the groin, because she's been influenced by these men-hating movies in the mainstream media, and she repeats everything she's seen on TV—kicking the groin and so on.

Because the mainstream media instilled all this intent to harm, hate, seek revenge, etc., in women, and they absorbed this behavioral propaganda—because they lacked morals and character—and ended up accepting what they saw on TV.

The big problem is the hatred toward the groin; you can see that the mainstream media is nothing but jokes, disparagement, revenge, hatred, and trivialized violence against the groin.

Whether in movies, TV series, commercials, video games, anime, etc., it's not always the creator's fault—rather, it's those who pay, finance, or support them. And to do that, they have to insert behavioral propaganda and subliminal messages. There's always someone—an individual, a corporation, a multinational company, a group of wealthy people, etc.—who inserts subliminal messages and behavioral propaganda. These entities exert some control over the mainstream media and, in some way, pay smaller media outlets to include their subliminal messages and behavioral propaganda as well.

It's very wrong to have scenes of sex and explicit violence in anime, video games, and series aimed at children and teenagers. They should include lighter content, where people are more polite and compassionate toward one another, rather than these scenes of coldness, degradation, insensitivity, etc.

Like in *Robocop*, where he kept firing hundreds of shots at men's groins, instead of punching them in the face and handcuffing them. Furthermore, they've promoted a narrative that demeans men, always portraying men as rapist villains rather than as men who seek romance with women—this is yet another form of propaganda that demeans men.

The system invests in the mainstream media to encourage bestial, animalistic evil.

The system that created the satanic mainstream media must realize that the system itself is satanic. In the past, it portrayed men who thought of themselves as "supermen" and beat women because the culture generally

disparaged women; now, it has created “superwomen” who beat men and cut off their testicles and penises, because the culture has now been engineered to disparage men.

The system wants to destroy humanity; that’s why it loves to create situations where some people hate, belittle, and become enemies of the opposite sex.

They want to create disharmony in any way possible.

The satanic system thinks big, not small. It has no side, team, party, sexual orientation, gender, race, religion, etc.; rather, it seeks disharmony between the sexes for the purpose of dividing humanity. It thinks big and isn’t driven by childish passions or loyalty to a “team” based on gender, sex, sexual orientation, etc.

They think big and use this as social engineering to destroy love, harmony, and friendship between the sexes.

To constantly stir up confusion and conflict between the sexes, and humans with childish minds fail to see the big picture and the deeper meaning; they only see their own gender—like feminism and masculinism—focusing solely on their own gender while forgetting to consider the well-being of the human race as a whole.

In the end, the system wins through strife, conflict, competition, fighting, enmity, and extreme selfishness of one gender against the other—and they, the reptilian demons, are laughing at us. I think this is what the red pill is about—not just criticizing women, since they are also used as pawns, encouraged by the satanic mainstream media.

You have to understand that there are women who are full of hatred, which is why there are so many accusations over a simple pickup line. Sure, the man made a sexual comment, but he wasn’t violent and didn’t

mean to cause harm, and she really likes to accuse others because, deep down, she's filled with fear and hatred—that's why she becomes violent and vengeful over small things, minor offenses, and so on.

There are women who have nothing but this crap on their minds, all because of the mainstream Satanist media. Most of the social interactions he's had where a woman kicked him in the groin weren't acts of self-defense, but rather acts of disrespect, prejudice, revenge, or tit-for-tat retaliation, etc.—because the man said something she didn't like, teased her, or did other minor things—and not because of an assault, which is the only justification for self-defense, legitimate defense, etc. Whether it's sexual assault, robbery, or assault followed by attempted murder, that's the only real justification. And not because of intolerance toward anything he did that she didn't like, as portrayed by the satanic mainstream media.

She's just repeating the hatred and desire for revenge she's learned from these movies that subtly brainwash her.

Movies in general promote these unbalanced ideas.

Women behave one way or another depending on their ego; if their ego is virtuous, they'll be more tolerant. If their ego has flaws, they'll act with more disrespect, malice, and hostility.

There's a problem with women watching any movie, especially if they don't have a well-structured mindset. Otherwise, they'll repeat the violence, despair, "action," drama, etc., from the movie. Because it develops or creates bad egos in the mind.

Just as men used to believe they had to be violent, coarse, rude, ignorant, sexist, etc., in the Middle Ages, the mainstream media is doing the same thing in a slightly different way—seeking to create, through its programming, women who are cold, violent, aggressive, vengeful, rude, feminist, unforgiving in a "tit-for-tat" manner, and so on. It's the same primitive hostility that culture used to encourage in men; the mainstream media is now encouraging it in women through its films, which serve as behavioral propaganda.

In general, these types of movies end up generating a lot of hostility—which you'd only realize if you did the same thing to her; she'd see it and wouldn't like it.

She automatically repeats what she's seen in these types of movies in a hostile way without stopping to think, and on autopilot she mimics what she's seen on TV. She's adopted bad behavior because of the subliminal behavioral propaganda in these types of movies, and she doesn't realize how hostile, violent, and destructive she is, or that she's doing harmful things without thinking.

If you talk to her—if you tell her you're going to do the same thing—she won't like it; she'll see the hostility and violence she directs toward the man. You can talk it out: "If someone did that to you, you wouldn't like it, but you're doing to others what you wouldn't want done to yourself."

And tell her that if it were a man kicking her in the groin in a hostile way, she'd realize just how hostile she was for repeating what she saw in the movie.

You have to point out that if it were the other way around—if all the movies were the opposite, showing only men being hostile toward women and kicking them in the groin out of hostility—she would recognize the hostility there as well.

That's all there is to it—you don't need to take revenge on her either; instead, talk about it. If she were treated with hostility in the groin area and that were portrayed in every single mainstream movie, she wouldn't like it either. If it were just her—just women—and every movie showed women being kicked in the groin, it would be promoting men's hostile behavior toward women. Say this to make people stop and reflect on what the mainstream media does—and how women just keep going without stopping to think. Tell them that if it were done to her, she'd see the hostility and violence.

You have to realize that movies contain something subtle: a separatist mindset, where people feel separated from one another, as if no one is anyone else's partner.

Movies sell a subtle philosophical idea of separation and violence, suggesting that people can't understand each other or talk patiently.

There are women out there who are just like men; sometimes it's not just ignorance, but malice—there are evil women out there, too.

If you kept doing all those bad and demeaning things to her, she wouldn't like it either. But she doesn't stop to think about what would happen if everything shown on TV and mainstream media websites were done to her as well.

It’s not good to use accusatory language; rather, we should show that the person is harboring hatred without labeling them, because I’m not trying to accuse, criticize, or judge—I’m trying to have a conversation, raise awareness, and reconcile the misconceptions perpetuated by mainstream media films.

That’s why I don’t use accusatory words that aren’t constructive at all, like “misandry” and “misogyny.” There are better ways to talk about this, so as not to fall into narrow-minded judgment. Don’t use narrow-minded, accusatory words like those. Otherwise, you won’t be able to truly have a conversation and reach a compromise.

If a man is poor and is tempted to steal a car, many won’t go through with it because they have empathy and feel the pain the other person will experience upon learning the car was stolen; they understand the annoyance, irritation, frustration, etc., that the victim will feel, and that’s why they won’t steal the car.

It’s the same with men and women, but the mainstream media has portrayed men as if they were the devil! And this is a lie hammered home in many American movies. Men have empathy for women in the physical world. They may have their flaws and imperfections, but they have empathy, respect, and so on.

The problem isn’t occasional arguments, but rather malice, which is worse than arguments, because arguments don’t always involve that much malice—they’re just fights in the heat of the moment and aren’t really that bad. But there are people who are worse and act out of malice rather than just arguing over a disagreement. Malice is worse than arguing over a disagreement.

There are women who need to realize that they have very low self-esteem, and that the inner feelings of hatred, revenge, resentment, malice, violence, etc., are internal, subjective, and intangible—but they're very dangerous.

It's possible to create lighter sexual content with a healthy mindset.

We can see that there are some adult content creators who produce lighthearted, mentally healthy videos, such as: Princess Tee Ballbusting, sylvanafeet Parana Ballbusting, Bunny N Wolf, katkatbb slave, etc. These are usually couples who enjoy this and therefore approach it in a sexual way rather than in a heavy, violent manner. And there are couples with a healthy mindset who know how to approach it more playfully, because they have a healthy mindset that prevents them from creating scenes of revenge—instead, they focus on scenes that are purely erotic play and sexual content—and they don't imitate mainstream media films filled with malice and hatred toward men driven by left-wing Satanist ideology.

I see that there are creators who aren't imitating evil or promoting it, but are simply creating sexual content in a lighthearted and mentally healthy way—content that isn't addictive, violent, or malicious, but rather just a form of adult entertainment and distraction.

There's a problem with alternative media that considers this norm to be normal and keeps copying mainstream media's scenes of hatred, revenge,

and evil, etc. Instead, it should strive to do better—to be more harmonious, more mentally healthy, and balanced—and to create humor without including scenes of evil and violence.

Alternative media must strive to produce better, more harmonious content.

Imagine if the opposite were true: if TV only showed attacks on women and never on men, and if men were to adopt this behavior from TV and do to women what they saw on TV. By imagining this scenario, we can put ourselves in the other person's shoes and see that they, too, are wrong to follow the behavioral propaganda of these types of films.

We have to learn to sift through, filter, and discern, so as not to follow the mainstream media's promotion of these types of movies, which contain negative, destructive behavioral propaganda that fosters enmity among the human race.

TV only shows one side, but we can imagine the opposite scenario and see that it's not good to do the harm you're receiving from others—try this mental exercise.

Much of what I'm talking about is the malice stemming from inferior human egos. You have to realize that there are people whose egos have been heavily shaped by the mainstream media—though the mainstream media doesn't speak openly about this, the alternative media does, as do Gnosis, the Bible, psychoanalysis, and so on.

When it comes to egos, there are people who act in very malicious and violent ways because movies are full of nothing but violence, evil, and ideology—and that's all they see and all they learn.

That’s why alternative media is so important; that’s why mainstream media films are so full of bad stuff—it’s better to turn to genuine alternative media.

And if mainstream movies have subliminal messages, then the solution is to seek out alternative media, which is less controlled.

I’m tired of mainstream media clichés—like men hitting on women and women kicking them in the groin. You don’t see that in the movie *Walking Life*, and the girl was even friendly with the man while talking—or maybe even a little more than that. In other words, alternative media isn’t really that controlled.

Many girls who only watch mainstream media live in a fantasy world; they become self-centered, narcissistic, hate men, seek revenge on them, and absorb all the evil from mainstream media—all because of the alienation caused by this type of mainstream media content.

You have to understand that just as there are sadistic men who rape, there are sadistic women who cut off penises and kick testicles. In the end, it’s all abuse and violence. It’s something to reflect on to broaden your perspective—and not assume that only women suffer; men suffer too.

I, and many men, want attention, time, and energy from women, but women think men are going to rape or assault them. They only think about getting kicked in the groin and don’t consider that it’s just a guy wanting attention—it has nothing to do with all the violence and hostility they saw in the movie.

She’s already filled with prejudice, judgment, condemnation, and a desire for revenge. And many men just want attention—to mess around, joke, tease, and so on—not what she saw in the movie.

She lacks patience, tolerance, understanding, etc., and believes that what she sees is the reality portrayed in the movie and by leftist politics.

This type of content serves as a form of awareness-raising, because in the 2000s it was practically another planet Earth; there were many girls who watched the movie and were influenced by the mainstream media, hating men in the groin area just as they saw on TV, and there were numerous videos on YouTube and websites featuring foolish, silly, and ignorant women.

You shouldn’t respond with ignorance by lashing out in kind; instead, try to use your head, think things through, and observe. And if you have the opportunity to say something, say something that makes sense and is intelligent. If you’ve already read this kind of material, you should build a foundation for yourself so you can talk to her—so you don’t follow the mainstream media, extreme left-wing politics, or base, animalistic revenge. Be able to communicate and say something intelligent, rather than resorting to base, animalistic revenge yourself.

I’m not talking about attacking, offending, threatening, judging, etc., but rather knowing how to have intelligent, concise responses ready in your head—or simply observing and speaking out online as a second option.

Keep in mind that this content accurately reflects the culture of the 2000s and what that era was like.

The truth is that a groin attack is a more serious issue than a simple assault. And fights between people of the opposite sex are more serious than those between people of the same sex. This makes it more intense, because these two ideas are more serious.

These ballbusting scenes in movies cause more animosity than if they were in a soccer game—especially between men—since that would be a lighter, more sportsmanlike scene.

But these scenes featuring a woman—who already seems a bit strange and acts with extreme coldness and violence—create more division and hostility, and that's exactly what the mainstream media wants—to cause hostility and division—because the opposite sex is already seen as strange and more separate, and the mainstream media wants people to feel more divided and to lack friendship, respect, and empathy toward others of the same race.

There's a problem with many women who sometimes lack virtue and end up being influenced by these TV movies. They don't know how to behave honestly and avoid repeating what they've seen in these violent films. It's bad not to have inner discernment; they end up thinking this behavior is normal and don't realize that it's mostly fantasy, while reality is much more humble.

I noticed an interesting case that happened in my neighborhood in the 2000s, and I realized that the image of men has been devalued, disparaged, deconstructed, and stripped of love.

A friend of mine knew very well that the guy was just a simple, poor worker—not a highly dangerous criminal, but simply a mechanic who earned very little money.

And even knowing that, there are women who keep making lewd remarks and verbally insulting him. And the truth is, it wasn't because the guy was an extremely violent criminal, but rather because he was just a simple, poor worker.

This shows that the image she sees is unconsciously devalued by the subtle subliminal messages in mainstream media films, which create illusions about the image of men.

People generally don't notice the discrimination and prejudice; they only show men getting kicked in the groin and claim it doesn't happen to women, portraying men as a joke and women as if they were something to be respected. They show men suffering violence and portray women only in action without suffering violence, etc., etc., etc.

And this ends up being discrimination, prejudice, and a taboo in society. We should respect both genders equally, rather than favoring one while harboring prejudice and discrimination against the other. People who accept this madness—and I mean madness, not mere stupidity—are unable to perceive or become aware of the prejudice and discrimination in these movies.

To create something, you need awareness, not madness, so as not to perpetuate this kind of discrimination and prejudice. It portrays this type of violence against men as something they deserved—malice, revenge, and abuse—while portraying violence against women as something serious that must be respected, without scenes of violence, harm, or aggression.

Instead of portraying something respectful for both genders, these scenes could be limited to martial arts sequences. They could feature both genders in martial arts but in a way that's more respectful toward both—treating both genders with respect.

It should be more like a sport—wrestling, light sparring, playful banter without malice, etc.—to keep it more in the spirit of sportsmanship rather than a gladiatorial contest.

The mainstream media often, without realizing it, creates content that only drags men down—and indirectly women as well. Even though women may think they're gaining something by engaging in negative behavior, they end up being influenced by something negative, being dragged down and dragging men down with them through this kind of violence.

The mainstream media promotes the idea that women should learn to be homewreckers and become violent by imitating what they see in TV shows.

And the mainstream media does this without realizing it; this is simply a message that trivializes something negative, presenting it as mundane, normal, routine, acceptable, etc.

This kind of content is meant to encourage you to study profound, real, and spiritual matters—not to spend your time studying PUA. You need to understand that these girls who talk about nothing but sex have been brainwashed by the mainstream media.

If you become wise by studying deeper, spiritual, and rational subjects, you'll know how to deal with this.

These rich people are possessed by demons; they make these movies in the mainstream media with heavy hearts and are influenced by demons—they have demons in their bodies, etc., and they always end up in these

mainstream media movies glorifying violence and low blows—movies they can finance because they control a large part of the media and put all kinds of negative content out there in general, because they're possessed by demons and influenced by them.

I'm not getting into politics; I'm simply talking about how these mainstream media films are influenced by demons, leading to this kind of heavy, violent, and vulgar content.

Chapter 14: Urology

Ballbusting can cause various types of illnesses if taken to extremes. Giving a few kicks—or even weak kicks—is different from taking many kicks; the latter will always cause pain and physical damage.

Know that you can withstand a single blow, but too many blows can lead to health problems.

Taking a few light kicks is different from taking many kicks that are considered strong.

In other words, those who take strong kicks will always get injured because they've over abused their testicles; those who take weak kicks will feel the same pain but won't get injured. And those who take strong kicks will feel practically the same pain, but it will cause real, serious damage. That's why those who are extremists and take it to the extreme will get seriously injured—not just end up with red testicles.

We can see videos of these sadomasochists who ended up with purple bruises and swollen testicles because they became inflamed and suffered a lot of damage.

Some people want to go to extremes to see how much pain they can endure. But the truth is that a weak kick and a strong kick can hurt just as much. The difference is that a weak kick doesn't cause damage, while a strong kick will cause damage and actually hurt. And you'll have to go to the hospital to recover from the strong blow, which brings no additional pleasure—only more damage.

So keep in mind that taking a weak kick is already enough to test yourself, get sexually aroused and have an erection, or practice ballbusting. Anything done weakly is safer.

By "light," I mean you're not using brute muscle strength—you're just kicking as if you were giving a slap. The pain is the same; you just won't suffer serious injury from the blow.

For example, I cut my hand with a pocket knife and realized the pain is the same as if I'd just scratched myself with it. The pain is practically the same; the difference is that a light force only causes pain, while a strong force causes the same pain but with serious injury.

Anyone who's an extremist and keeps wanting to take hard kicks will get hurt, because it will cause considerable pain and damage.

Anyone who just wants to experience sexual pleasure or get aroused and have an erection will take a few slaps and kicks without getting hurt; they'll feel only a little pain and will become sexually aroused or engage in ballbusting without suffering serious damage.

Taking many hard blows will leave you swollen, red, and sore, but light blows will only cause an erection in the penis and leave the testicles slightly red, without serious damage.

Ballbusting is unhealthy—not only for the physical body, but also for the mind and spirit.

In other words, it’s unhealthy for both the body and the mind.

I'm neither for nor against ballbusting, but you have free will to do whatever you want.

But know that it’s not healthy for the body or the mind. Crossing the line isn’t a good quality of life, and it can become a sexual addiction rather than a healthy, lighthearted sexual game played with respect.

There are very few doctors trained in andrology, which shows that men have a tendency not to take care of their health, and the mainstream media has also fostered this tendency for men not to care about their health. In old movies from the 1980s, there was a lot of violence involving shooting at the genitals, stabbing, and cutting off penises, etc.

This shows that mainstream media culture instills in society a philosophy of belittling men. We lack a culture of protecting the groin with underwear and a culture of men going to the doctor—these are two aspects of our culture that are wrong.

That’s why I encourage wearing two pairs of tight-fitting underwear and seeing an andrologist.

If you want to reduce testicular inflammation, I recommend improving your diet and practicing intermittent fasting.

Eat anti-inflammatory foods, avoid sugar, trans fats, refined sodium, and gluten. And drink plenty of water—not just 2 liters, but a little more than that—and water with lemon helps cleanse the blood. Also, do some physical exercise to help your body relax, such as walking.

If ballbusting is done violently, it can lower fertility and reduce testosterone levels.

So if you ever do it, keep it light, gentle, and more like sexual play, avoiding excesses of any kind, because this can cause micro-damage that will lower your sperm count and reduce testosterone levels if the micro-damage is significant due to overdoing it.

Wear two pairs of tight underwear and take them off at night before sleeping. Avoid using a blanket to sleep under; instead, use a denim cloth to sleep in cold weather, close the windows, and leave only the bedroom door or an interior window open.

In cases of extreme cold, wearing two pairs of underwear doesn't provide much warmth, but sleeping with two pairs of underwear and, on top of that, sleeping under a blanket, heats up the testicles. So do the following:

Sleep without underwear.

Don't use a blanket; instead, use a denim sheet or another cotton sheet to sleep on.

When you're sleeping and it's cold, it's better to be a little cold than to overheat your testicles. It's important not to overheat your testicles—it's okay to keep them warm, but not too much! And not constantly, 24 hours a day!

With the emergence of “ballbust” in the 1980s and around 2000 with the internet, a new demand for andrology professionals has arisen worldwide, as men are increasingly needing to take care of their bodies. It’s a field with high demand and low supply, and few people are recognizing this opportunity. There are already plenty of people in other areas of medicine; what’s needed is integrative medicine that incorporates andrology—a new, unexplored niche with high global demand.

Chapter 15: Observations

It’s different to take strong, repeated blows—you can even endure them—but they’ll cause injury due to excessive repetition and the use of force.

If you want to test this, know how to conduct tests by taking just a single blow—either a punch with your fist or a sock filled with an orange.

It’s just to test—you can withstand a single strong blow, but you can’t repeat it, because even though you can handle it, repeating it will cause damage and leave internal injuries that will take weeks or months to fully heal.

My point is that you can even withstand a hard hit, but you can’t repeat the hard hit, or it will cause damage.

Because, as you know, an excess of weak strikes won’t cause damage if they’re just punches with your hand or weak kicks, but if you take strong kicks, you might be able to withstand them, but they’ll cause damage because of the excessive force.

It’s good to observe and test yourself.

Keep testing, experimenting, getting to know yourself, etc. It’s a lot of practice, not just theory.

Example photos to observe and use as a model to copy are at the end of this book; note that the testicles rise and move easily when wearing one or two pairs of tight, reinforced underwear together.

Try to improve your mindset with this type of content; try to understand and discuss it respectfully.

You may quote from the content, as long as you cite the source. You may take excerpts from the book and share them on your social media, but you must cite the source of the excerpt.

The end.

Donations are welcome; thank you!

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GAHJXZM4LIIUQQNX6RXY26NQ5LWEVGTRCR6GXZ2VUHMJDQDDZNL5RTVD

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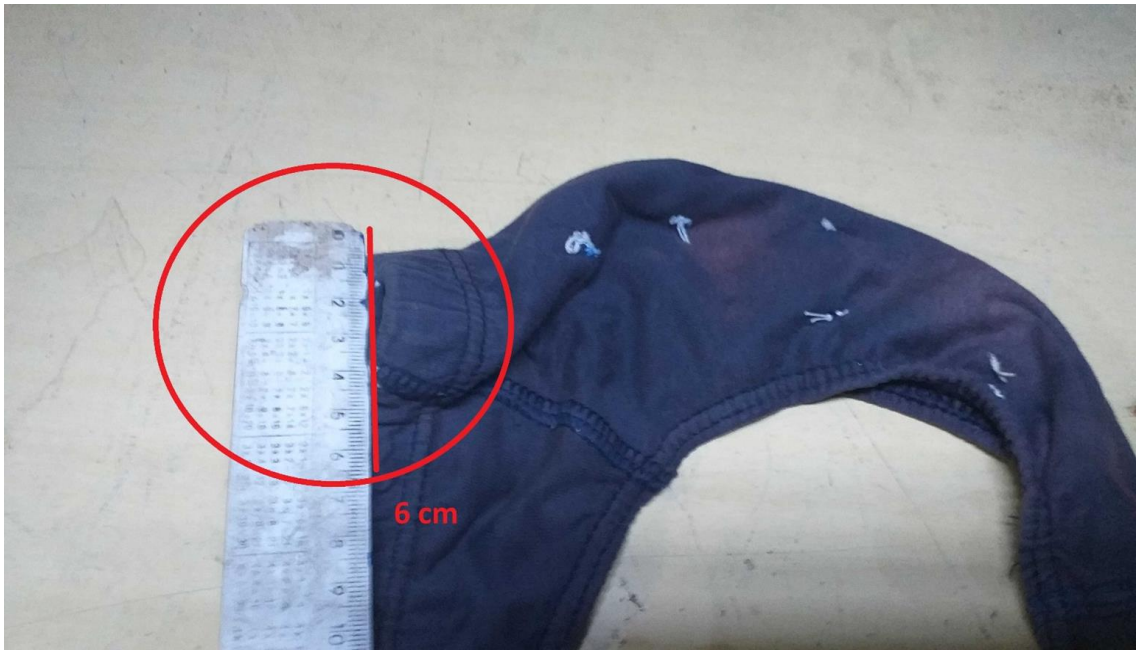
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